

“Nut Free” Snack Ideas by Brand Name ☺

2010-2011

**Please be careful when you send your child with food that you send in a nut free choice.

Read the ingredients label: some products might have peanut or nut in them.

We truly thank you for your understanding, support and help.**

Keebler Graham Crackers
Kroger Graham Crackers
Keebler Town House Crackers
Rold Gold Pretzels
Jays Pretzels
Kroger Pretzels
Better Made Pretzels
Keebler cheese and crackers
Sargento cheese and crackers
Sunshine Cheese-its
Nabisco Teddy Grahams
AUSTIN animal crackers (Meijer, and Sams Club sells them.)
Nabisco Teddy Grahams Trail Mix
Lenders Bagles
Thomasville Mini Bagles
Post Alpha Bits cereal
Kelloggs Mini Wheats
Cascadian Farms Chocolate Chip Granola Bars
Kelloggs Nutri Grain Bars
Kelloggs Special K Bars
Betty Crocker Fruit Snacks
Welch's Fruit Snacks
Yogurt (Yoplait, Dannon, Market Fresh, etc.)
Cheese slices
Fresh Fruits
Fresh Vegetables



For Sweet Treats:

Hostess Donuts
Hostess Twinkies
Kelloggs Rice Krispie Treats (plain)
Kroger or Marketplace Vanilla Ice Cream (other flavors too, read label)

**We have a nut free bakery in the area, Bake Station Too, located on Orchard Lake Road, in West Bloomfield.*

(These brands, Kelloggs, Keebler, Post, and most store brands, like Kroger, Target and Meijer brands, tend to have detailed and complete labeling information.)

When reading food labels:

- **If a label says, “Made in a facility that also processes nuts” this is an okay food for students to bring in to school.**
- **If the label reads, “May contain peanuts or nuts” this food is not okay to bring to school.**

**If you are preparing or cutting foods, please be careful with cross contamination. Please don't use the same knife or cutting board that had nuts or peanut butter on them, or have nuts in the area.

~It's still important to read the ingredient label and look for the allergen statement below the list each time you purchase a food. Manufacturing processes change, so a food that was safe, may not continue to be.

(Example Statement: **Contains Wheat, Milk, Soy.**)