Peanut/Tree Nut-Free Snacks

Below you will find a list of many snacks that are peanut/tree nut-free at this time. It is always important to read the ingredient labels since manufacturers change production methods.

Cereal/Bars
General Mills
- Cinnamon Toast Crunch
- Kix, Berry Berry Kix
- Lucky Charms
- Rice Chex, Corn Chex, Wheat Chex
- Trix

Kellogg's
- Cereals - Corn Pops, Crispix, Fruit Loops, Post Alpha Bits, Quaker Cap 'N Crunch
- Nutri-Grain - Apple, Blueberry, Raspberry
- Nutri-Grain Twist - Banana & Strawberry, Strawberries & Cream
- Pop Tarts (apple, strawberry, blueberry)

Post
- Honey Combs

Cheese/Dairy
Sargento
- Mootown Snacks - Cheeze & Pretzels, Cheeze & Crackers, Cheeze & Sticks

Yogurt
- Go-Gurt, Drinkables, any other yogurt without nuts/tree nuts

Other Cheeses
- Sliced, cubed, shredded, string cheese, cream cheese, spreads, dips

Crackers/Chips/Cookies
Austin
- Zoo Animal Crackers

Betty Crocker
- Cinnamon Graham Cookies
- Dunk Aroos

Frito Lay
- Cheetos - Crunch, Zigzag, Puffs
- Rold Gold Pretzels
- Sun Chips - Original, Sour Cream, Cheddar, Classic, Flavored

General Mills
- Bugles - Original

Keebler
- Bite Size Snackin Grahams - Cinnamon, Chocolate
- Butter Cookies
- Grasshopper Cookies
- Elf Grahams - Honey, Cinnamon
- Fudge Stripes Shortbread Cookies
- Golden Vanilla Wafers
- Grasshopper Mint Cookies
- New Rainbow Vanilla Wafers
- Munch'ems - Sour Cream & Onion, Original, Ranch, Cheddar
- Snack Stix
- Sugar Wafers
- Toasteds - Wheat, Buttercrisp
- Town House Classic Crackers
- Wheatables - Original, Honey Wheat, Seven Grain

Kraft
- Handi-Snacks - Cheez 'N Crackers, Apple Dippers, Cheez 'N Pretzels
- Handi-Snacks Teddy Grahams - Honey, Chocolate
Crackers/Chips/Cookies continued

Hostess
  Ho-Ho’s
  Twinkies

Nabisco
  Air Crisps
    Potato - Sour Cream & Onion, Ranch, Barbeque, Cheddar
    Pretzel - Original
    Ritz - Original
    Wheat Thins - Original, Ranch
  Barnum Animal Crackers, oatmeal & iced
  Cheddar Sportz
  Cheese Nips
  Dizzy Grizzlies - Vanilla Frosted, Chocolate Frosted
  Graham Crackers - Honey Maid, Cinnamon, Chocolate
  Newtons - Fig, Cobblers, Raspberry, Apple
  Nilla Wafers
  Ritz Crackers - Original
  Saltine Crackers
  Teddy Cheddy
  Teddy Grahams - Cinnamon, Chocolatey Chip, Chocolate, Honey
  Triscuits, Triscuit Thin Crisps
  Wheat Thins

Pepperidge Farm
  Butter Thins
  Goldfish - any flavor
  Goldfish Graham Snacks - Honey, Cinnamon, Golden
  Milano, Chessmen, Shortbread, & sugar cookies

Sunshine
  Big Cheez-It
  Cheez-It - Regular, Reduced Fat

Oreos & mini Oreos (not mint-crème)

Chips A Hoy (not minis)

Rice Krispy Treats

Salty Snacks
  Pretzels (Rold Gold, Snyders of Hanover)
  Ruffles Potato Chips
  Lays Potato Chips
  Fritos
  Doritos (not crackers)
  Cheetos
  Tostitos
  Pringles (original only)
  Popcorn (Pop Secret, Orville Redenbacher, Healthy Choice)

Fruit
  Fresh - Apples, Bananas, Oranges

Packaged Fruit - Apple Sauce, Apple Sauce mixes, Diced Pears, Peaches, Raisins, Mandarin Oranges

Dip - T. Mazettis Caramel Apple Dip

Gummy Snacks
  Fruit Snacks – (not Brachs) Fruit Roll Ups, Fruit by the Foot, Fun Fruit, Gushers, Shark Bites, Fun Fruits, Scooby Doo Fruit Snacks, Trix Fruit Snacks, Hi-C Fruit Snacks
Jell-O and Pudding Snacks

Popcorn
Pop Secret, Orville Redenbacher, Healthy Choice

Barrel O'Fun
Corn Pops (No Kernels)

Frito Lay
Cheddar Cheese
Chester's Popcorn Butter

Vegetables
All Fresh Vegetables
Dip

Candy
Air Heads
Dots
Dum Dum Pops
Gum Drops
Hershey Kisses - Milk Chocolate, Extra Creamy
Jolly Ranchers
Junior Mints
Life Savers
Lollipops
Marshmallows
Mike & Ikes
Milk Duds
Nerds
Oompa
Ring Pops
Rolos
Runts
Shock Tarts
Sixlets
Skittles
Smartsies
Sour Patches
Spree
Sugar Babies
Sweet tarts
Tootsie Pops
Tootsie Rolls
Twizzlers

Donuts/Muffins/Bagels
Krispy Kremes
All Donuts

Entenmann's
Glazed, buttermilk, glazed pop-ems, rich chocolate frosted
Little Bites Muffins-blueberry, chocolate chip, real strawberry, raspberry

Hostess
Powder and frosted
Mini or regular muffins (not banana nut)

Any bagels that do not contain peanut/tree nuts

Ice Cream/Frozen Treats
Edy's
Whole Fruit Bars
FlaVorIce - "Freezies"

Good Humor Popsicles
Icee - Squeeze up tubes

Italian Ice
Klondike
Original
Oreo Ice Cream Sandwiches

Minute Maid
Soft Frozen Lemonade