

Peanut and Nut-Free Snack Suggestions

All fruits (melons, grapes, berries, etc)
All vegetables (carrot sticks, celery sticks, etc)
Yogurt
Cheese
Cream cheese
Soup

Crackers:

Carr's whole wheat crackers
Triscuits
Wheat thins
Pepperidge Farm Gold Fish
Annie's Cheddar Bunnies, Cinnamon Bunnies, Honey Bunnies
Plain Ritz crackers
Oyster crackers
Pretzels (not Snyder's which are made in a facility that processes nuts/peanuts)
Saltines
Bread sticks

Bread:

Arnold's Whole Wheat Bread
Thomas English Muffins
Thomas, Lenders or Ray's Bagels
Pita bread

Hummus (avoid hummus that contains pine nuts)

Cedar's plain

Applesauce

Salsa (avoid Trader Joe's as it is processed on equipment that also processes peanuts)

Newman's Own
Tostitos

***Suggestion**—Instead of peanut butter, try sunflower seed butter.

ALWAYS CHECK LABELS FOR CHANGES IN INGREDIENTS