



Snacks listed in this guide have been selected because:

- They don't contain peanuts OR tree nuts and, unless explicitly marked otherwise, eggs as ingredients
- Their packaging lists no warnings that allergens may have been introduced during manufacturing

General:

- Fresh Fruits
- Fresh Vegetables
- Hard Boiled Eggs
- Yogurt
- Cheese

Pretzels:

- Rold Gold brand
- Kraft Handi-Snacks Mister Salty
- Pretzels 'n Cheese Dip
- Pepperidge Farm Goldfish Pretzels

Chips:

- Popchips – Original

Vegetable Chips:

- Good Health Natural Foods – Veggie chips, Veggie stix

Tortilla Chips:

- Stacy's Pita Chips – simply naked, cinnamon sugar

Popcorn:

- Smartfood – white cheddar, movie theater butter
- Wise – original butter, white cheddar
- Boom Chicka Pop

Cheese Snacks:

- Pirates Booty – aged white cheddar
- Smart Puffs

Rice Snacks:

- Quaker Quakes Rice Snacks

Crackers:

- Cheese Nips – Cheddar, reduced fat cheddar, Sponge-Bob Square Pants
- Cheez-Its
- Goldfish – Baby Cheddar, cheddar, mix-up, parmesan, pretzel, saltine, whole grain
- Goldfish Grahams
- Keebler Club
- Keebler Wheatables – golden wheat, toasted honey wheat
- Kellogg's Special K crackers – multi-grain
- Kraft Handi-Snacks
- Nabisco Oyster crackers
- Pepperidge Farm Baked Naturals – simply potato, simply multi-grain, cheddar, toasted wheat
- Ritz – Original, whole wheat, reduced fat, hint of salt, roasted vegetable, fresh stacks
- Ritz Munchables Pretzel rounds – buttery flavor
- Ritz Crackerfuls – classic cheddar, four cheese
- Town House – original, wheat, flipsides pretzel
- Triscuits
- Wheat Thins

Graham Crackers:

- Cinnamon Grahams – plain and low fat
- Goldfish Grahams
- Keebler Grahams
- Nabisco Grahams – original
- Nabisco Honey Maid
- Teddy Grahams

Nutrition/Granola Bars/ Toaster Pastries

- NutriGrain Cereal Bars
- Special K Bars
- Kellogg's Rice Krispies Treats
- Kellogg's Pop Tarts

Fruit Snacks/Dried Fruit

- Barefruit all natural apple chips
- Annie's Organic Bunny Fruit Snacks
- Betty Crocker Fruit Roll-Ups Fruit Gushers
- Clif Kid Organic Twisted Fruit

Cookies:

- Lucy's Gluten Free Cookies
- Barnum's animal crackers – original
- Keebler Vanilla Wafers
- Lorna Doone Shortbread cookies
- Nabisco classics – iced animal cookies, oatmeal, soft oatmeal raisin, iced oatmeal
- Nabisco Ginger Snaps
- Newtons – Original fig, fat free, whole grain, strawberry, raspberry

Cakes/Muffins:

- Sweet Alexis cupcakes
- Sweet Alexis Muffins