

## Peanut and Nut-free Safe Snacks

### **SNACKS:**

Betty Crocker Fruit Gushers  
Betty Crocker Fruit-by-the-Foot  
Betty Crocker Fruit Roll-ups  
Betty Crocker Scooby-Doo Fruit Snacks  
Betty Crocker Lucky Charms Fruit Snacks  
Betty Crocker Dunkaroos  
Humpty Dumpty Ringolos  
Kelloggs Rice Crispie Squares (original only)  
Kelloggs Pop Tarts (with exceptions of the flavours Chocolate Fudge & S'mores)  
Kelloggs Nutrigrain Cereal Bars  
Magic Moment Pudding – all flavours  
No-name Fruit Rolls  
No-name Crispy Rice Marshmallow Squares  
No-name Dinosaur Fruit Snacks  
PC Puddings – all flavours

### **COOKIES**

Peak Freans – Shortcake, Family Shortcake, Nice, Fruit Crème, Assorted Crème  
Christie – Oreo (LARGE only), Dream Puffs (RED RASPBERRY only), Teddy Grahams, Chips Ahoy, Fudgee-O, Graham Wafers, Snackwell Cookies (all flavours), Snoopy Snacks  
President's Choice – Peaches and Cream, Key Lime, Lemon Temptations, The Decadent Chocolate Chip, Eat the Middle First, Raspberry Fruit Bars, Apple Fruit Bars, Raisin First, Arrowroot biscuits, Teddy's Choice Animal Arrowroot biscuits.  
Hollandia – Wafer cookies

### **CEREALS**

Post – Shreddies, Honey Shreddies, Alpha-bits, Honey Comb, Maple Crunch Shreddies  
Kelloggs – Crispix, Mini-Wheats, Corn Flakes, Raisin Bran, Fruit Loops, Marshmallow blasted Froot Loops, Corn Pops, Cruncheroos, Apple Jacks  
Quaker – Corn Bran, Life, Cap n' Crunch  
President Choice – Fruity O's  
General Mills – Lucky Charms, French Toast Crunch, Cinnamon Toast Crunch, Honey Golden Grahams

### **OTHER IDEAS**

Cheese & crackers (that do not contain peanut or nuts)			
Pepperoni sticks	Canned fruit cups	Yogurt	Minigo
Fruit	Vegetables	Raisins	
Canned Apple Sauce	Quaker Rice Cakes	Dried fruit	
Bagels (nut free) w/cream cheese	Breadsticks	Jelly beans	