



Peanut/Tree Nut Free Snacks

SELA is a PEANUT/TREE NUT FREE program to ensure every child's safety. Parents and caregivers may not send their child to class with any food that has any trace of peanuts or tree nuts. Homemade peanut/tree nut free meals such as sandwiches, pasta, casserole, or other food items are welcome, but please do not send in any home baked items such as cookies, muffins, or cake. For the safety of our students, please be sure that all students wash their hands after eating any peanut/tree nut products before coming to SELA.

What are quick & easy snacks that I can grab from the grocery store and have on hand in the pantry without having to worry about preparing something?

There are plenty of readily available peanut/tree nut free snacks available at grocery stores that are perfect to keep in the pantry and add to your child's lunchbox for an easy snack or side for lunch. Below you will find a list of many popular snack brands and items that do not contain peanuts or tree nuts. *Please keep in mind that product formulas may change so ALWAYS double check the package to ensure the item is truly peanut/tree nut free.*

Feel free to check out the link below, which has a very extensive list of allergen friendly snacks, which is constantly being updated:

<https://snacksafely.com/guide/peanut-treenut-free.pdf>

Potato Chips, Corn Chips, Tortilla Chips, and Pretzels

Cape Cod

- original
- sour cream and green onion

Enjoy Life

- dill and sour cream lentil chips
- garlic and parmesan lentil chips
- light sea salt lentil chips
- margherita pizza lentil chips

Frito Lay

- Doritos (nacho cheese, cool ranch, spicy nacho, tacos flavor, spicy sweet chili, toasted corn, pizza supreme)
- baked ruffles (original, cheddar and sour cream)
- baked Lay's (original, sour cream and onion, parmesan and Tuscan herb)
- classic
- naturals
- barbecue
- sour cream and onion
- lightly salted
- cheddar and sour cream
- wavy original
- salt and vinegar
- garden tomato and basil
- honey mustard
- honey barbecue
- original ruffles
- reduced fat ruffles
- sour cream and onion ruffles
- original kettle
- sea salt and vinegar kettle
- reduced fat kettle
- sea salt and cracked pepper kettle
- sun chips (original, harvest cheddar, french onion, garden salsa, jalapeño jack)
- Tostitos (restaurant style, scoops, crispy rounds, multigrain, multigrain scoops, bite size, hint of jalapeño, hint of lime, roasted garlic and black bean artisan, fire roasted chipotle artisan)

- Smart Food popcorn (white cheddar, reduced fat, movie theater butter)
- Cheetos (puffs, puffs honey BBQ, crunchy, flamin' hot crunchy, baked)
- Rold Gold (thins, sticks, rods, tiny twists, lightly salted tiny twists, tiny twists cheddar, tiny twists honey, mustard, sourdough, honey wheat, cheesy garlic)

Kettle

- sea salt
- sea salt and vinegar
- buffalo bleu
- fully loaded baked potato
- sweet onion
- sour cream and onion
- jalapeno
- sea salt baked
- aged white cheddar baked
- hickory honey barbecue
- sea salt vinegar

Pirates Brand

- aged white cheddar booty
- sour cream and onion booty
- smart puffs

Popchips

- barbecue potato
- cheddar and sour cream
- hint of olive oil veggie
- sea salt potato
- sea salt and vinegar
- sea salt veggie
- sour cream and onion potato
- sweet potato

Pringles

- all flavors

Utz

- bbq baked
- cheddar and sour cream baked
- original baked
- bbq
- carolina bbq
- cheddar and sour cream

- honey bbq
- no salt
- onion and garlic
- salt and vinegar
- salt and pepper
- southern sweetheart bbq
- ripple baked crisps
- ripple potato chips
- regular wavy
- corn chips bbq
- low fat baked tortilla chips
- low fat baked tortilla chips
- organic tortilla chips (blue corn, white corn, yellow corn)
- tortilla chips (dippable, multigrain, restaurant style, white round, yellow round)
- popcorn (butter, cheese, white cheddar)
- cheese balls (hot, plain)
- cheese curls (crunchy, hot, plain, tabasco, white cheddar)
- Halloween pretzel treats
- hard pretzels
- pretzel sticks (cinnamon, country stix)
- select pretzel sticks (butter, pumpernickel, seven whole grain, toasted sesame)
- select pretzels (everything, honey wheat braided twist)
- special pretzels (extra dark, multigrain, regular)

Wise

- all natural
- lightly salted
- bbq
- unsalted
- salt and vinegar
- onion and garlic
- honey bbq
- all natural Ridgies, sour cream and onion Ridgies, cheddar and sour cream Ridgies
- original butter popcorn
- white cheddar popcorn
- Cheez Doodles (puffed, puffed o's, crunchy)

Snacks and Cookies

Austin

- zoo animal crackers

Betty Crocker

- cinnamon graham cookies
- Dunkaroos

Keebler

- bite sized snacking grahams (cinnamon and chocolate)
- elf grahams
- fudge stripes shortbread cookies
- golden vanilla wafers
- grasshopper mint cookies
- new rainbow vanilla wafers
- munchems (sour cream and onion, cheddar, ranch, original)
- scooby-doo graham cracker sticks (honey, cinnamon)
- snack stix
- sugar wafers
- Toasteds (wheat, butter crisp)
- Town House crackers
- Wheatables (original, honey wheat, seven grain)

Kraft

- apple dippers
- cheez n pretzels
- cheez n crackers
- Oreos

Nabisco

- Ritz cracker original
- Chips Ahoy original
- Cheese Nips
- Honey Maid (honey, low fat honey, cinnamon, low fat cinnamon, chocolate, fresh stacks)
- Newtons (fig, cobbles, raspberry, apple)
- saltine crackers
- Teddy Grahams (cinnamon, chocolate, chocolate chip, honey)
- Triscuits (original, reduced fat, hint of salt, garden herb, rosemary and olive oil,

fire roasted tomato and olive oil, cracked pepper and olive oil, roasted garlic, rye with caraway seeds)

- Triscuit thin crisps
- Wheat Thins
- 100 calorie mister salty pretzels (milk chocolate, yogurt flavored)

Pepperidge Farms

- goldfish (all flavors)
- baked naturals cracker chips (simply potato, cheddar and sour cream potato, simply multigrain)
- baked naturals cheese crisps (cheddar, four cheese Italian herb)
- baked naturals wheat crisps (toasted wheat)
- goldfish pretzels

Sunshine

- Cheez-It (regular, reduced fat)
- Hi Ho crackers (original, reduced fat)

Cereal

Enjoy Life

- crunchy flax original
- crunchy flax with chia
- crunchy rice

Freedom Foods

- ancient grains
- cocoa crunch
- corn flakes
- maple crunch
- pro-teen crunch
- rice flakes
- rice puffs
- tropico's

General Mills

- Cheerios (regular, fruity, multigrain, apple cinnamon)
- Chex (corn, rice, wheat)
- Cinnamon Toast Crunch
- Cocoa Puffs

- Fiber One
- Fiber One Frosted Shredded Wheat
- Golden Grahams
- Kix
- Trix

Kashi

- 7 wholegrain puffs
- autumn wheat
- blueberry clusters
- cinnamon harvest
- go lean crunch
- honey sunshine
- honey toasted oat
- island vanilla
- strawberry fields
- toasted berry crumbles
- warm cinnamon oat

Kellogg

- All Bran
- All Bran bran buds
- All Bran complete wheat flakes
- All Bran strawberry medley
- Apple Jacks
- Corn Flakes
- Corn Flakes with honey
- Corn Pops
- Cracklin Oat Bran
- Crispix
- Frosted Flakes
- Fruit Harvest
- Fruit Loops
- Honey Smacks
- Mini Wheats
- Mini Wheats big bites
- Mini Wheats blueberry muffin
- Mini Wheats cinnamon streusel
- Mini Wheats strawberry delight
- Raisin Bran
- Rice Krispies
- Raisin Bran Crunch
- Smart Start maple brown sugar
- Smart Start original
- Smart Start toasted oat
- Smart Start strawberry oat
- Special K

- Special K chocolate delight
- Special K fruit and yogurt
- Special K low fat granola
- Special K with red berries
- Nature's Sweetened Wheatfuls
- toasted cinnamon squares

Post

- Bran Flakes
- Cocoa Pebbles
- Fruity Pebbles
- Golden Crisp
- Honey Bunches of Oats
- Honey Bunches of Oats strawberries
- Honey Bunches of Oats real chocolate
- Honey Bunches of Oats vanilla bunches
- Honey Bunches of Oats cinnamon
- Honeycomb
- Raisin Bran
- Shredded Wheat
- Shredded Wheat lightly frosted
- Shredded Wheat and bran
- Crunchy corn bran
- Honey graham oh's
- Puffed rice
- Puffed wheat

Quaker Oats

- Captain Crunch original
- Captain Crunch berries
- Honey Graham Oh's
- Life
- Life cinnamon
- Life maple and brown sugar
- oat bran
- oatmeal squares
- brown sugar cinnamon
- puffed rice
- puffed wheat

Nutritional and Energy Bars + Toaster Goods

Don't Go Nuts Energy Bars

- blueberry blast
- boogie board bash
- celestial campout
- gorilla power

- whitewater chomp

Enjoy Life Baked Chewy and Soft Baked Bars

- caramel apple
- cocoa loco
- mixed berry
- sunbutter crunch
- cherry cobbler
- chocolate sunbutter
- cinnamon bun
- s'mores

Kellogg's PopTarts

- brown sugar
- cinnamon
- blueberry
- unfrosted
- frosted apple
- frosted strawberry
- strawberry unfrosted
- low fat frosted strawberry
- frosted cherry
- frosted wild berry

Made Good Granola Bars

- apple cinnamon
- chocolate chip
- chocolate banana
- mixed berry

Nature's Path Organic Toasted Pastries

- frosted chocolate
- frosted strawberry
- frosted cherry pomegranate
- blueberry

Special K Bar

- blueberry
- strawberry
- chocolatey drizzle
- raspberry cheesecake

- vanilla crisp

Fruit Snacks and Dried Fruits

Annie's Organic Bunny Fruit Snacks

- sunny citrus
- tropical treat

Barefoot All Natural

- cinnamon apple chips
- fuji red apple chips
- granny smith apple chips
- sea salt caramel apple chips

Betty Crocker

- fruit roll ups
- fruit by the food
- fruit flavored snacks (gummies)

Brother's All Natural

- apple cinnamon fruit clusters
- blueberry apply fruit clusters
- raspberry apple fruit clusters
- Asian pear fruit crisps
- banana fruit crisps
- fuji apple fruit crisps
- mandarin orange fruit crisps
- mango fruit crisps
- mixed berry fruit crisps
- peach fruit crisps
- pineapple fruit crisps
- strawberry fruit crisps
- strawberry banana

Clif Kid Organic Twisted Fruit

- mixed berry
- strawberry

Funky Monkey Snacks

- applemon
- bananamon

- carnival mix
- jivealime

Gerb's Dried Fruits

- blueberries
- California raisins
- cranberries
- goji berries
- tart cherries

Peanut Butter Alternatives

Don't Go Nuts Soy Butter

- chocolate
- cinnamon sugar
- lightly sea salted
- pure unsalted
- slight sweet

Serbs Sea Salted Butters

- pumpkin
- sunflower

I.M.Healthy SoyNut Butter

- chocolate
- honey creamy
- honey chunky
- original creamy
- original chunky
- unsweetened creamy
- unsweetened chunky

SunButter Sunflower Seed Spread

- creamy
- natural crunch
- natural creamy
- natural no-stir
- natural omega-3
- organic unsweetened

Wow Butter

- creamy
- crunchy