

# NUT SAFE SNACK IDEAS

Always be sure to read the labels to ensure the product is safe.

## CEREAL BARS

Kellogg's Nutri Grain Bars and Twists  
Pop Tarts and Danish  
Rice Krispie Squares  
Quaker Rice Cakes  
Milkcrunch Frosted Flakes

## CRACKERS

Ritz Original Crackers  
Vegetable Thins, Wheat Thins, French Onion, Swiss Cheese, Sour Cream and Chives, Bacon Dippers  
Triscuit  
Cheese Bits  
Premium Plus (Original and Whole Wheat)  
Stoned Wheat Thins  
Crispers  
Honey Maid Graham Wafers  
Goldfish  
Kraft Cheez-Whiz & Crackers (Handi-Snacks)



## COOKIES

Chips Ahoy, Chunks Ahoy  
Melting Moments  
Oreo  
Fudgee-O  
Arrowroot  
Animal Crackers & Snack Packs  
Fig Newton  
Teddy Grahams  
Peak Freens Digestive & Shortcakes  
Dunkaroos

## HEALTHY SNACKS

Veggies & dip  
Cheese & crackers  
Fruit-To-Go  
Dried fruit (not from a bulk bin)  
Ants on a log  
Celery & Cheese Whiz  
Yogurt & Yogurt Tubes  
Del Monte & Dole fruit cups  
Hard-boiled eggs  
Apple wedges tossed in cinnamon & brown sugar

Dare has recently announced that a number of their products are now being produced in nut-free facilities. Please view and consider the list below:

**COOKIES:** Simple Pleasures, Breaktime, Viva Puffs, Bear Paws, Wagon Wheels, Dare Traditions

**CRACKERS:** Breton, Breton Minis & Gourment, Vinta and Vivant

**BREADS:** Melba Toast, Traditions & Three Bread Croutons, Mini and Bread Sticks

**CANDIES:** Real Fruit, Juiced Up

You can check out their website at [www.darefoods.com/English/NutFree/nutfree.html](http://www.darefoods.com/English/NutFree/nutfree.html)