

Treat Ideas for Peanut Allergies

Healthy Items:

Fruit (apple slices or grapes, oranges)
 Fruit tray
 Vegetables
 Kraft Handi-snacks with cheese, with red stick
 Smart Food popcorn/popcorn
 String cheese stick
 Raisins (in a box), Craisins or Dried fruits
 Fruit cups
 Yogurt (small cups or tubes) or Drinkable
 Jello or Pudding cups
 Applesauce
 Frozen Fruit bars
 Rice Cakes (Not Quaker Brand)

Individual packs with labels:

Act II Microwave popcorn bags
 Oreos (plain only)
 Goldfish (cheddar/original), & Graham Crackers
 Teddy Grahams: Graham Cracker sticks
 Chips/Doritos
 Pringles
 Sun Chips
 Bugles
 Cheetos
 Most pretzels (please read the label)
 Keebler Grips
 Kellogg's Rice Krispy Treats (all varieties except peanut butter)
 Hostess Cupcakes (yellow and chocolate) & Ho Ho's & Donuts
 Mini or regular Muffins, Hostess, Entenmann's (NO Nut ones)
 Ice Cream cups (chocolate or vanilla)
 Pudding cups (Hunts, Kraft)
 Popsicles, Freezie Pops
 Yogos, Yogo Bits Yogo, Rollers
 Fruit by the Foot
 Fruit Gushers
 Fruit Roll Ups
 Fruit Snacks (Betty Crocker & Kellogg's Brands Only)
 Brach's Brand not safe
 Special K bars (NOT Honey Nut) & Special K snack Bites
 Town House, Club, Toasteds Crackers, Triscuits, Wheat thins
 Wheatables, Air Crisps, Munch'ems

Candy Items:

Twizzlers	Candy Corn
Skittles	Sour Patch Kids
Sweet Tarts	Swedish Fish
Pez	Star Bursts
Smarties	Sweet Tarts
Tootsie Rolls – all varieties	Runts
Tootsie Pops	Rolo's
Junior Mints	Ring Pops
Dots/ Gum Drops	Milk Duds
Charms Blow Pops	Marshmallows
Spree	Gummie Bears
Sugar Daddy Pops	
Sugar Babies	Fluffy Stuff Cotton Candy
Laffy Taffy	Mike and Ike
Jolly Rancher Candies	Nerds
Ring Pops (must have ingredients)	Lifesavers (regular and gummy)
Peeps Marshmallow Treats	Hershey Kisses (plain)
Hershey Kissables	
Hershey 1.55 chocolate bars (full size version in 6 pack)	
York Peppermint Patties	Air Heads
Bubble gum (Trident, Bubble Yum, Bubblicious, Double Bubble, Orbit)	

Non-Food Ideas:

Stickers
 Play Doh
 Pencils and erasers
 Crayons and activity books
 Bookmarks

Cereal

Alpha bits, Cheerios (Plain), Cinnamon Toast Crunch
 Chex (Rice, Corn, Wheat, Multi Grain NOT Chocolate)
 Corn Flakes, Frosted Mini Wheats, Fruit Loops
 Honey Comb, Kix, Lucky Charms

- **NO BAKED GOODS FROM HOME**
- **No donuts, cookies, cupcakes from stores or bakeries**
- No food items from bulk bins – even if above brands
- Exact brands must be purchased to ensure food safety
- **Labels and ingredients may change.** Please make sure that labels **do not** have any of the following:
 - Peanut
 - Peanut flour
 - Peanut Oil
 - Sunflower Seeds
 - May contain traces of peanuts
 - Manufactured in facility that uses peanuts or peanut butter
 - Run on equipment that also processes peanuts/nut products