

SUGGESTIONS FOR PEANUT FREE SNACKS

HIGLEY UNIFIED SCHOOL DISTRICT #60

Due to the continual changes in manufacturer packaging and processing, please read the ingredient label of all snacks to ensure it does not contain any peanut/nut products. Avoid snacks that contain peanuts, peanut flour, peanut oil/butter or any other nuts. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios and walnuts. Also check for the following statements: "May contain traces of peanuts/nuts" or "Manufactured in a facility that also processes peanuts or other nut products" If an item does not have a label-it is not safe. All foods must come in the original factory sealed box/bag and be unopened.

Thank you for your consideration and support in keeping our children safe from having a life threatening allergic reaction at school.

FRUITS/VEGETABLES

- Fresh Fruit: ALL
- Motts Applesauce Cups
- Sunmaid Raisins (plain only)
- Fresh Vegetables: ALL
- Dole Fruit Bowls
- Pickles

COOKIES/CAKES

- Kellogg's Rice Krispie Treats (plain only)
- Nabisco Nilla Wafers
- Chips-A-Hoy (not mini's)
- Nabisco Barnum Animal Crackers
- Nabisco Fig Newtons
- Keebler Fudge Stripes
- Jet Puffed Marshmallows
- Nabisco Fig Newtons

CRACKERS/CHIPS/POPCORN

- Nabisco Ritz Crackers (plain only)
- Sunshine Cheez-Its
- Nabisco Triscuits
- Wheat Thins
- Town House or Keebler Club Crackers (plain only)
- Nabisco Saltines (plain only)
- Honey Maid Graham Crackers or Cinnamon Grahams
- Pepperidge Farm Gold Fish Crackers (plain only)
- Pringles
- Rold Gold Pretzels
- Ruffles Potato Chips-Fritos-Cheetos-Tostitos
- Lays
- Sun Chips (multigrain & harvest wheat)
- Popcorn (Orville Redenbacher)

CHEESE/DAIRY/PUDDINGS

- Sargento & Kraft-String Cheese (read labels)
- Yoplait Go-gurts
- Kozy Shack & Hunts Pudding Cups (read labels)
- Kraft Handi-Snacks with Cheese (with red sticks only)

DRINKS

- Apple Juice
- Capri Sun
- Kool Aid
- Lemonade
- Root Beer
- Water

CANDY/FRUIT SNACKS

- Air Heads
- Haribo Gummy Bears/Worns
- Jolly Ranchers
- Life Savers –Hard & Gummy
- Nerds/Runts
- Skittles
- Starburst
- Sweet Tarts
- Tootsie Rolls
- Twizzlers
- Gushers
- Laffy Taffy
- Red Vines & Twizzlers
- Hot Tamales
- Mike and Ikes
- Kellogg's & Betty Crocker Fruit Snacks (no Brach's)
- Fruit by the Foot
- Tootsie Rolls & Tootsie Lollipops
- Dum-Dum Lollipops
- ***Jelly Belly & Jelly Beans – they have discontinued the peanut butter flavor and in 09 cleaned all equipment.***

ICE CREAM/POPSICLES

- Minute Maid Juice Bars
- Good Humor: Fudgesicles & Popsicles
- ICEE Frozen Treats
- Otter Pops
- Philly Swirls-Costco
- Yoplait Go-Gurts

Please remember that these are suggestions only. Due to continual manufacture packaging changes-all labels should be read carefully.