



Safe Snack List

Fruits

Raisins

Ritz crackers

Wheat thins

Goldfish

Nutrigrain bars

Nilla Wafers

Butter cookies

Krispy Kreme doughnuts

Club crackers snack sticks

Honey Comb cereal

Corn, Rice, Wheat Chex cereal

McDonald's chicken nuggets

Soy butter (HT & FL brands)

Rice Krispie treats

Fig Newton's

Oreos (except peanut butter filling)

Honey Maid Grahams (HT brand OK)

Teddy Grahams

Cheezits

Rold Gold Pretzels (others not OK)

Town House Crackers

Vienna Fingers cookies

Cheerios cereal

In general, check the label. Under ingredients there will be an allergy warning. Foods with peanuts or tree nuts (almonds, cashews, etc) are NOT ok. Foods made in the same factory or on the same equipment as nuts are NOT ok. Any items such as cakes or cupcakes made in a bakery (i.e. Food Lion, HT, etc) are NOT ok. Chick-fil-a uses peanut oil and is NOT ok. When in doubt...ask.