

Peanut and Tree Nut Free Snack List & Guide

Food allergy awareness:

Food allergies are increasingly common, affecting 1 in 17 children in the U.S. and can be life threatening. *CDC NHIS Data (2021)

Purpose and Use:

- ❖ Use the following food label guidance and snack lists as a reference only: The lists provide examples of foods that are currently considered safe.
- ❖ Always read the label yourself, even if it's listed here, since recipes and manufacturing can change at any time.

*Thank you for your extra care and attention
in keeping all our little ones safe.*

Your cooperation and understanding are greatly appreciated.



Rules to follow:

- ❖ Choose safe snacks for school by reading food labels for allergens.
- ❖ Only packaged foods with full ingredient labels are acceptable choices.
- ❖ Double-check the label every time you buy. Labels can change - even for normally trusted snacks.
- ❖ Please keep all food items in original packaging, so parents and teachers have opportunity to recheck.
- ❖ Do not discard original packaging: If food comes in smaller packs, keep the outer package for label checking.
- ❖ NO HOMEMADE OR BAKERY ITEMS ARE ALLOWED IN SCHOOL.
- ❖ Prepackaged cupcakes and cookies are allowed only if they contain full nutrition and ingredient labels and are allergen free. These items will be checked by the parent of the allergic child, so please double-check labels before sending.



Check it once, check it twice

Food Labels:

- ❖ **Read Ingredients List** - Read every word — allergens may appear anywhere in the list.
- ❖ **Look for “Contains” Statements** - Many packages list allergens right below the ingredients (e.g., Contains: peanuts, tree nuts, eggs).
 - This is a quick way to spot allergens, but don’t rely on it alone — still read the whole list.
- ❖ **Check for “May Contain” or “Processed In” Warnings** - These mean possible cross-contamination and are not safe. Examples: “May contain peanuts” or “Made on shared equipment with tree nuts.” Look over the whole package — these statements aren’t always next to the ingredients list.
- ❖ **When in Doubt, Leave It Out** - If the label is unclear or missing, don’t send it.
 - Only sealed, packaged snacks with full ingredient labels are allowed.



NOT GOOD

EXAMPLE FOOD LABELS

GOOD LABEL

Nutrition Facts
8 servings per container
Serving Size 2 cookies (28g)

Amount per serving	
Calories	140
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber less than 1g	2%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 2g	
Vit. D 0.1mcg 0%	Calcium 10mg 0%
Iron 0.9mg 6%	Potas. 50mg 0%

* The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin [an emulsifier], vanilla, natural flavor), Unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), Butter, Cane sugar, Brown cane sugar, Eggs, Baking soda, Salt, and Natural vanilla flavor

Contains Wheat, Milk, Eggs and Soy.
Manufactured in a facility that processes tree nuts.

DISTRIBUTED BY: TATE'S BAKE SHOP
43 NORTH SEA RD. SOUTHAMPTON NY 11968
631-780-6511 WWW.TATESBAKESHOP.COM

MADE IN THE USA


**Peanut &
Tree Nut**

**NOT GOOD
FOR SCHOOL**

Nutrition Facts
6 servings per container
Serving size 1 bar (22g)

Amount per serving	% Daily Value*
Calories	80
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 3.9mcg	20%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 30mg	0%
Vitamin A 180mcg	20%
Vitamin C 18mg	20%
Vitamin E 2.9mg	20%
Thiamin 0.3mg	25%
Vitamin B ₆ 0.3mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Riverside
Natural Foods Inc.
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WWW.MADEGOODFOODS.COM
CERTIFIED ORGANIC BY PRO-CERT
PRODUCT OF CANADA

  



**Contains nutrients
from vegetable extracts.
Good source of Vitamin
C & D.**



GOOD

INGREDIENTS: BROWN RICE CRISPS*, INVERT CANE SYRUP*, BROWN RICE SYRUP*, VEGETABLE GLYCERIN*, WATER, PALM FRUIT OIL*†, INULIN*, PEA PROTEIN ISOLATE*, SALT, NATURAL FLAVOR*, TAPIOCA STARCH*, VEGETABLE EXTRACTS (SPINACH, BROCCOLI, CARROTS, TOMATOES, BEETS, SHIITAKE MUSHROOMS), XANTHAN GUM, VANILLA EXTRACT*.
*ORGANIC. †SUSTAINABLE.



SNACK LIST

FRUITS & VEGGIES

- ❖ Bananas
- ❖ Applesauce pouches/cups (GoGo squeeZ, Mott's)
- ❖ Fruit cups in 100% juice (Dole, Del Monte)
- ❖ Dried Fruit Bars (That's It Bars)
- ❖ Fruit Snacks, Bites & Crisps (Annie's, Brother-All-Natural)

GRAINS, CHIPS, CRACKERS & PRETZELS

- ❖ Crackers (Ritz, Whole Foods, original, whole wheat, Luke's Organic, Town House)
- ❖ Triscuits or Wheat Thins Crackers
- ❖ Saltines (Premium)
- ❖ Goldfish Crackers (original, cheddar)
- ❖ Annie's Cheddar Bunnies
- ❖ Pretzels (Rold Gold, Snyder's of Hanover, Utz, Newmans Own, Herr's)
- ❖ Rice cakes & Rice Cake Chips (Quaker – plain, lightly salted, cheddar)
- ❖ Pita chips (Stacy's original/plain)
- ❖ MadeGood Granola Minis or Bars
- ❖ Animal Crackers (Stauffer's, Barnum's, Annie's)
- ❖ Graham Crackers (Honey Maid, Teddy Grahams)
- ❖ Veggie Straws & Chips (Sensible Portions, Terra)

*Remember to
double check:
Peanut & Tree Nut*



SNACK LIST

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GRAINS, CHIPS, CRACKERS & PRETZELS (Continued)

- ❖ Potato Chips (The Good Crisp Company, Sun Chips, Ruffles, Boulder Canyon, Lays, Cape Cod, Pepperidge Farm)
- ❖ Pirate's Booty Aged White Cheddar
- ❖ Rice Crispy Treats (Made Good, Annies, Kelloggs)
- ❖ Cheese Doodles/ Puffs (Annie's, Cheetos, Utz)
- ❖ Corn & Tortilla Chips (Deep River, Utz, Wize)
- ❖ Popcorn **FOUR YEAR OLD CLASSES ONLY** (Skinny pop, Utz, Good Health, Sage Valley, Wise, Herr's, Bachman)

YOGURT, DAIRY & OTHER

- ❖ Stonyfield Organic Kids Yogurt (pouches/tubes)
- ❖ Go-Gurt (Yoplait)
- ❖ String cheese (Sargento, Kraft, store brand)
- ❖ Babybel cheese rounds
- ❖ Hummus – (Sabra) **Avoid any hummus that contains or MAY contain PINE NUTS**



SPECIAL OCCASION ONLY LIST

i.e. Birthday & Holidays

These must be given prior administrative approval.

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CAKES, COOKIES, DONUTS, MUFFINS

- ❖ Muffins (Abe's, Home Free, O'Doughs, School Safe)
- ❖ Cakes (Abe's, Home Free, Two-bite Cupcakes, Just Dessert Bites, School Safe)
- ❖ Brownies (Abe's, ALLFree, School Safe, Nutritional Choices Bbar, Lucy's)
- ❖ Donuts (Two-bite)
- ❖ Cookies (Made Good, Partake, Oreos, Chips Ahoy, Trader Joes Snickerdoodle Cookies, Newtons, Enjoy Life Mini Cookies, Lucy's, Keebler Vienna Fingers)

ICES & ICE CREAM

- ❖ Ices (Mario's, Luigi's)
- ❖ Ice Pops (Johnny Pops, Good Pop)
- ❖ Breyers Vanilla and Chocolate Ice Cream Cups
- ❖ Ice Cream (A La Mode, Turkey Hill: Vanilla, Neapolitan,) ****Check flavors****

Carvel is NOT safe for school*

