

Safe Snack List

(Peanut/Tree Nut Free)

This list is specifically for food that is inside the classrooms, birthday/holiday parties, Before School Care, and After School Care. *Lunch is not a nut free zone.

Please note: Food labels/ingredients may change over time, so please always read the label before packing your child's snack. Please make sure that products are peanut/tree nut free.

*Made Good Foods and Enjoy Life Foods are all free of the top 8 allergens!

Thank you for your cooperation and support in keeping ALL students of GCA safe!

Fruits/Vegetables

Applesauce
Fresh fruit
Fresh vegetables
Fruit Puree Pouches
Fruit Snacks
Fruit Strips (most brands)
Raisins/Craisins/Dried fruit
That's It Fruit Bars
Veggie chips/straws

Crackers/Chips

Animal Crackers (Austin, Zoo, Barnum)
Annie's Bunnies
Cheese Nips
Cheetos
Cheez-Its/Cheez-It Snack Mix
Doritos/Fritos/Tostitos
Graham Crackers/Teddy Grahams
Goldfish
Lay's Potato Chips
Pirate's Booty
Pretzels
Pringles
Ruffles Potato Chips
Scooby Snacks
Skinny Pop and Smartfood Popcorn
Sun Chips
Wheat Thins

Dairy

Cheese/Cheese Sticks
Pudding
Yogurt

Other Snack Items

Beef Jerky/Beef Sticks
Fig Newtons/Nature's Bakery Fig Bar
Nutrigrain Cereal Bars
Vanilla Wafers

Treats

Better Bites Do Bites
Hostess Cupcakes
Hostess Ding Dongs
Hostess Donettes
Hostess Fruit Pie
Hostess Ho Hos
Hostess Twinkies
Oreos
Poptarts
Rice Krispie Treats
*Many pre-packaged baked goods at Walmart and Target have a sticker that says "Made in a peanut and tree nut free facility" (cupcakes, frosted sugar cookies)
These are great for birthday treats!