

Shared Food/Snack List

All foods/snacks listed are probably safe for peanut and tree nut allergies. Please read the label every time. Food labels and ingredients may change without notice. The federal Food Allergen Labeling and Consumer Protection Act requires that any packaged food product that contains peanuts as an ingredient must list the word "peanut" on the label. However, ingredients in foods may change. A person with peanut or tree nut allergies should not assume food is safe just because it is on this list. Other foods not listed here may be safe, but it is imperative that the labels be read. For other options, please call the Grinnell-Newburg Community School District building administrator.

Fruits/Vegetables

Fresh and canned fruits (any brand)
Fresh and canned vegetables (any brand)
Motts Apple Sauce
Ocean Spray Cran Raisins
Sunmaid Original Raisins

Fruit Snacks

General Mills Fruit by the Foot Variety Pack
General Mills Fruit Roll Ups Variety Pack

Cookies

Nabisco Ginger Snaps
Nabisco Oreos (chocolate cookie with white filling)
Nabisco Oreos (golden cookie with white filling)
Teddy Grahams (chocolate or honey)

Crackers/Pretzels

Frito Lay Rold Gold plain pretzels
Keebler Club Original Crackers
Keebler Original Townhouse Crackers (plain only)
Keebler Scooby-Doo Graham Cracker Sticks
Keebler Zesta Saltine Crackers
Nabisco Barnum's Animal Crackers (plain only)
Nabisco Honey Maid Grahams (honey only)
Nabisco Ritz Crackers (plain only)
Triscuit Original Crackers
Cheez-Its
Cheese Nips
Goldfish Crackers
Wheat Thins
Quaker Quakes Rice Snacks

Meat

Hormel Pepperoni

Peanut Butter Alternative

SunButter

Frozen Desserts

Fla-Vor-Ice brand Pops
The Original Brand Popsicles (in the yellow box)

Cheese/Dairy

Cottage cheese
Drinkable yogurt or smoothies
Pudding cups
String cheese
Yogurt in individual cups or tubes
Tofutti soy cheese
Daiya cheese

Dips

Hershey Syrup (chocolate)
Tostitos Salsa

Chips

Frito's Original Corn Chips (plain)
Lays Classic Potato Chips (plain)
Pringles Original Chips (plain)
Sun Chips Original (plain)
Tostitos Chips
Vic's white popcorn
Doritos

Dry Cereal

General Mills Corn Chex Cereal
General Mills Rice Chex Cereal
General Mills Lucky Charms
General Mills Cinnamon Toast Crunch
Post Cereal Honeycomb
Kellogg's Rice Krispies
Kellogg's Fruit Loops

For Special Occasions

Skittles (no chocolate covered)
Smarties
Spangler Candy Canes
Spangler Dum Dum Pops
Starbursts
Starburst Jelly Beans
Twizzlers (brand only)
Pop Tarts
Hershey's chocolate chips'

For Special Occasions Continued

Jet Puff marshmallows
Marshmallow Peeps
Dots
Air Heads
Jolly Ranchers
Laffy Taffy
LifeSavers
Mike & Ike's
Nerds