

Peanut and Tree-Nut Free Snack Ideas

These are ideas for peanut and tree nut free snacks. Remember to check ingredient lists each and every time as recipes and manufacturing practices change from time to time.

Estas son algunas ideas para bocadillos gratis almendra mani y árbol. Recuerde revisar listas de ingredientes cada uno y cada vez como recetas y prácticas de manufacturación cambian de vez en cuando!

Fruits

Vegetables

Cheese sticks

Pudding cups

Applesauce cups

Gogurt

PRETZELS

••**Gerbs Pretzels**

••**Utz Halloween Pretzel Treats**

••**Utz Hard Pretzels**

••**Utz Pretzel Sticks** – Cinnamon, Country Stix

••**Utz Pretzel Varieties** – Butter Waffle, Holiday Shaped, Nuggets, Phineas and Ferb Shaped, Pop'z, Rods, Wheels

••**Utz Select Pretzel Sticks** – Butter, Pumpernickel, Seven Whole Grain, Toasted Sesame

••**Utz Select Pretzels** – Everything, Honey Wheat Braided Twist

••**Utz Special Pretzels** – Extra Dark, Multigrain, Regular

••**AllerEnergy Gluten-Free Soft Pretzels**

• **Bachman** – Twist, Butter Twist, Mini Bite Size, Thin N Right, Pretzel Rods, Kidzels, Pretzel Stix, Nutzels (bite-size), Hard Sourdough, Pita Pretzel Squares, Kidzels 100 Calorie Pack

• **Herr's** – Extra Thin, Rods, Whole Grain Pretzel Sticks Honey Wheat

• **Kraft Handi-Snacks Mister Salty Pretzels 'n Cheese Dip**

• **Newman's Own** – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels

• **Nabisco 100 Calorie Mister Salty Pretzels** – Milk Chocolate, Yogurt Flavored

• **Oatzels** – Original, No Salt Added

• **Pepperidge Farm Goldfish Pretzels**

• **Pepperidge Farm 100 Calorie Pouches Goldfish Pretzels**

• **Rold Gold** – Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic

• **ShopRite** – Mini, Mini Fat Free, Mini No Surface Salt, Gem, Amish Pretzel Sticks, Amish Pretzels Fat Free, Amish Pretzels No Surface Salt, Thin, Thin Fat Free, Waffle, Rods, Stick Pretzels Fat Free

CORN/TORTILLA CHIPS

••**Late July Organic Multigrain Tortilla Chips** – Dude Ranch, Mild Green Mojo, Red Hot Mojo, Sea Salt by the Seashore, SubLime, Summertime Blues, Sweet Potato

••**Utz Corn Chips** – BBQ

••**Utz Lowfat Baked Tortilla Chips**

••**Utz Organic Tortilla Chips** – Blue Corn, White Corn, Yellow Corn

••**Utz Tortilla Chips** – Dippable, Multigrain, Restaurant Style, White Round, Yellow Round

• **Bachman Tortilla Chips** – Restaurant Style, MultiGrain

• **Doritos** – Nacho Cheese, Cool Ranch, Spicy Nacho, Tacos Flavor, Spicy Sweet Chili, Toasted Corn, Pizza Supreme

- *Herr's* – Restaurant Style, Bite Size Dippers
- *Natural Tostitos Organic* – Yellow Corn, Blue Corn
- *Sage Valley* – Yellow Corn Tortilla Chips
- *Santitas* – Tortilla Triangles
- *Stacy's Pita Chips* – Simply Naked, Cinnamon Sugar, Parmesan Garlic & Herb
- *Sun Chips* – Original, Harvest Cheddar, French Onion, Garden Salsa, Jalapeno Jack
- *Tostitos* – Restaurant Style, Scoops, Crispy Rounds, Multigrain, Multigrain Scoops, Bite Size, Hint of Jalapeno, Hint of Lime
- *Tostitos Artisan Recipes* – Roasted Garlic & Black Bean, Fire-Roasted Chipotle

POTATO CHIPS

- ***popchips*** – Barbeque Potato, Cheddar & Sour Cream Potato, Hint of Olive Oil Veggie, Sea Salt Potato, Sea Salt & Vinegar Potato, Sea Salt Veggie, Sour Cream & Onion Potato, Sweet Potato
- ***Utz Baked Crisps*** – BBQ, Cheddar and Sour Cream, Original
- ***Utz Potato Chips*** – BBQ, Carolina BBQ, Cheddar and Sour Cream, Crab/Old Bay, Honey BBQ, No Salt, Onion and Garlic, Red Hot, Regular, Salt & Vinegar, Salt and Pepper, Southern Sweet Heat BBQ
- ***Utz Ripple Baked Crisps***
- ***Utz Ripple Potato Chips***
- ***Utz Wavy Potato Chips*** – Baby Back Ribs, Pit BBQ, Regular, Tabasco Flavored
- *Baked Ruffles* – Original, Cheddar & Sour Cream
- *Baked Lay's* – Original, Sour Cream & Onion, Parmesan and Tuscan Herb
- *Cape Cod* – Original, Sour Cream & Green Onion
- *Kettle Brand* – Sea Salt, Sea Salt & Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream and Onion, Jalapeno
- *Kettle Brand Bakes* – Sea Salt, Aged White Cheddar, Hickory Honey Barbeque, Sea Salt & Vinegar
- *Lay's* – Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Salt & Vinegar, Garden Tomato & Basil, Honey Mustard, Honey Barbecue
- *Lay's Kettle Cooked* – Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper
- *Munchos*
- *Natural Lay's* – Sea Salted
- *Pringles* – Original, Reduced Fat, BBQ
- *Pringles Snack Packs* – Original, 100 Calorie Snack Packs Original
- *Ruffles* – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream, Loaded Chili & Cheese, Molten Hot Wings
- *Wise* – All Natural, Lightly Salted, BBQ, Unsalted, Salt & Vinegar, Onion & Garlic, Honey BBQ
- *Wise Ridgies* – All Natural, Sour Cream & Onion, Cheddar & Sour Cream

POPCORN

- ***Divvies Popcorn*** – Caramel Corn, Kettle Corn
- ***Utz Popcorn*** – Butter, Cheese, White Cheddar
- ***Utz Tabasco Flavored Popcorn*** – Butter, Cheese
- *Good Health Natural Foods* – Half Naked Popcorn with a Hint of Olive Oil
- *Kurly Korn* – Premium Cinema Popcorn
- *Sage Valley* – Lite Organic Popcorn
- *Smartfood* – White Cheddar, Reduced Fat, Movie Theater Butter
- *Wise* – Original Butter, White Cheddar

RICE SNACKS

- *Quaker Quakes Rice Snacks* – Caramel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion

CHEESE SNACKS

- ***Utz Cheese Balls*** – Hot, Plain
- ***Utz Cheese Curls*** – Crunchy, Hot, Plain, Tabasco, White Cheddar
- *Cheetos* – Puffs, Puffs Honey BBQ, Crunchy, Flamin’ Hot Crunchy, Baked
- *Pirate’s Booty* – Aged White Cheddar, Sour Cream & Onion, New York Pizza
- *Smart Puffs*
- *Sage Valley* – White Cheddar Puffs
- *Wise Cheez Doodles* – Puffed, Puffed O’s, Crunchy

GRANOLA/TRAIL MIXES/SEEDS

- ***Enjoy Life Seed & Fruit Mixes*** – Beach Bash, Mountain Mambo
- ***Enjoy Life Granola*** – Cinnamon Raisin Crunch, Double Chocolate Crunch , Very Berry Crunch
- ***Gerbs Granola*** – Cranberry Harvest, Dark Chocolate, Original Blend
- ***Gerbs Pumpkin Seed Kernels*** – Lightly Sea Salted, Raw, Roasted Unsalted
- ***Gerbs Raw Black Chia Seeds***
- ***Gerbs Raw Brown Flax Seeds***
- ***Gerbs Raw Hemp Seed Kernels***
- ***Gerbs Salad Toppers*** – Cape Cod Antioxidant Mix, Cracker Crunch Mix, Super Seeds Mix
- ***Gerbs Seed Meal*** – Raw Flax Seed, Raw Pumpkin Seed, Raw Sunflower Seed, Whole Hemp Seed
- ***Gerbs Snack Mixes*** – SuperFruits, Sweet & Salty
- ***Gerbs Sunflower Seed Kernels*** – Lightly Sea Salted, Raw, Roasted Unsalted
- ***Gerbs Whole Hemp Seeds*** – Roasted Unsalted, Sea Salted
- ***Gerbs Whole Roasted Pumpkin Seeds*** – Lightly Sea Salted, Raw, Roasted Unsalted
- ***Gerbs Whole Roasted Sunflower Seeds*** – Lightly Sea Salted, Raw
- ***I.M. Healthy Granola*** – Plain, w/Fruit
- ***Nots! Sustenance Snacks*** – Cajun, Original, Peppa
- ***Red Plate Foods Nut Free Granola*** – Dark Chocolate, Swirl (Vanilla & Chocolate), Vanilla Berry
- ***Nonuttin’ Granola*** – Blueberry Maple, Cranberry Apple, Vanilla Cinnamon, Vanilla Caramel
- ***Nonuttin’ Trail Mix*** – Berry Delight, Fruit Explosion, Energy Explosion

GRAHAM CRACKERS

▲▲ *Skeeter Snacks Cinnamon Grahams* [EGG Processed in Facility]

- *Cinnamon Grahams* – Plain, Low Fat
- *Keebler Grahams* – Original, Cinnamon, Honey
- *Keebler Scooby-Doo Graham Cracker Sticks* – Honey, Cinnamon
- *Keebler Grahams Bites* – Cinnamon
- *Nabisco Grahams* – Original
- *Nabisco Honey Maid* – Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh Stacks
- *ShopRite* – Sugar Honey Grahams, Sugar Honey Grahams Low Fat, Chocolate Grahams
- *Teddy Grahams* – Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini

CRACKERS

- ***Gerbs Salted Mini Crackers***
- *All-Bran Crackers* – Multi-Grain
- *Cheese Nips* – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
- *Cheez-It* – Original, Reduced Fat, Big, White Cheddar, Reduced Fat White Cheddar, Hot & Spicy, Parmesan & Garlic, Duoz, Scrabble Junior, Cheddar Jack, Pepper Jack, Baby Swiss, Italian Four Cheese, Colby, Whole Grain, Gripz

- *Cheez-It Snack Mix*
- *Goldfish* – Baby Cheddar, Cheddar, Colors, Mix-Up, Parmesan, Pizza, Pretzel, Saltine, Whole Grain
- *Goldfish Flavor Blasted* – XPlosive Pizza, Xtra Cheddar, Slammin' Sour Cream & Onion
- *Goldfish Mix-Up Adventures* – Pretzel & Flavor Blasted Xtra Cheddar, Xtra Cheesy Pizza
- *Goldfish 100 Calorie Pouches* – Cheddar, Pretzel
- *Keebler Club* – Original, Reduced Fat, Multi-Grain, Buttery Garlic, Minis Original, Minis Multi-Grain
- *Keebler Club Snack Sticks* – Original, Honey Wheat
- *Keebler Sandwich Cracker* – Club and Cheddar
- *Keebler Wheatables* – Golden Wheat, Toasted Honey Wheat
- *Kellogg's Special K Crackers* – Multi-Grain, Savory Herb
- *Kraft Handi-Snacks* – Premium Breadsticks 'n Cheese Dip, Mister Salty Pretzels 'n Cheese Dip
- *Nabisco 100 Calorie* – Sweet & Salty Mix Kettle Flavor
- *Nabisco 100 Calorie Nabisco Premium Saltines* – Original, Unsalted Tops, Hint of Salt, Fat Free,

Whole Grain, Minis, Fresh Stacks

- *Nabisco Premium Soup & Oyster Crackers*
- *Pepperidge Farm Baked Naturals Cracker Chips* – Simply Potato, Cheddar & Sour Cream Potato, Simply Multi-Grain
- *Pepperidge Farm Baked Naturals Cheese Crisps* – Cheddar, Four Cheese Italian Herb
- *Pepperidge Farm Baked Naturals Wheat Crisps* – Toasted Wheat
- *Pepperidge Farm Distinctive Crackers* – Golden Butter
- *ShopRite Society Crackers*
- *ShopRite Cheese Crackers*
- *ShopRite Whole Wheat Wafers* – Original, Reduced Fat, Rosemary & Olive Oil
- *ShopRite Wheat Snacks* – Original, Reduced Fat
- *ShopRite Saltines* – Original, Fat Free, Unsalted Tops, Wheat
- *ShopRite Bits Crackers* – Original, Low Sodium, Wheat, Roasted Vegetable
- *ShopRite Oyster Crackers*
- *Stoned Wheat Thins* – Original, Lower Sodium, Mini
- *Sunshine Saltines* – Krispy Original
- *Town House* – Original, Wheat, Reduced Fat
- *Town House Toppers* – Original
- *Town House Flipsides Pretzel Crackers* – Original, Reduced Fat, Cheddar, Garlic & Herb
- *Town House Flatbread Crisps* – Italian Herb, Sea Salt & Olive Oil
- *Triscuit* – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil, Roasted Garlic, Rye with Caraway Seeds
- *Triscuit Minis* – Original
- *Triscuit Thin Crisps* – Original, Parmesan Garlic, Four Cheeses, Chile Pepper
- *Wheat Thins* – Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, 100% Whole

FRUIT SNACKS/DRIED FRUIT

- ***Barefruit All Natural Apple Chips*** – Chile Lime, Cinnamon, Fuji Red, Granny Smith, Sea Salt Caramel
- ***Brothers-All-Natural Fruit Clusters*** – Apple Cinnamon, Blueberry Apple, Raspberry Apple
- ***Brothers-All-Natural Fruit Crisps*** – Asian Pear, Banana, Fuji Apple, Fuji Apple with Cinnamon, Mandarin Orange, Mango, Mixed Berry, Peach, Pineapple, Strawberry, Strawberry-Banana
- ***Gerbs Dried Fruits*** – Blueberries, California Raisins, Cranberries, Goji Berries, Tart Cherries
- ***Giddy Yoyo Certified Organic Fruit*** – Goji Berries, Golden Berries
- ***Giddy Yoyo Certified Organic Fruit from Ecuador*** – Banana Spears, Golden Berries

- Giddy Yoyo Golden Berries from Ecuador Certified Organic**
- Annie's Organic Bunny Fruit Snacks** – Sunny Citrus, Tropical Treat
- Funky Monkey Snacks** – Applemon, Bananamon, Carnaval Mix, JiveALime
- **Betty Crocker Fruit Roll-Ups**
- **Betty Crocker Fruit By The Foot**
- **Fruit Gushers**
- **Betty Crocker Fruit Flavored Snacks** – Dora the Explorer, Scooby-Doo, SpongeBob Square Pants, Shark Bites
- **Clif Kid Organic Twisted Fruit** – Strawberry, Mixed Berry

NUTRITION/CEREAL/ENERGY/GRANOLA BARS and TOASTER PASTRIES

- Candice Foods Energy Bars** – Blueberry Vanilla, Chocolate Cherry, Chocolate Fudge, Chocolate Mint, Chocolate Orange, Mocha Java, Raspberry Banana
- Don't Go Nuts Energy Bars** – Blueberry Blast, Boogie Board Bash, Celestial Campout, Gorilla Power, Lift Service, Whitewater Chomp
- Enjoy Life Baked Chewy Bars** – Caramel Apple, Cocoa Loco, Mixed Berry, SunButter Crunch
- Enjoy Life Decadent Soft Baked Bars** – Cherry Cobbler, Chocolate SunButter, Cinnamon Bun, S'Mores
- INBalance INBar** – Cherry Chocolate, Chocolate Butter Crunch, Chocolate Fudge, Chocolate Mint, Cinnamon Swirl, Strawberry Banana
- ▲▲ **Vermont Nut Free Tanabar [EGG Processed in Facility]** – Chocolate Chip, Sweet Raisin, Triple Berry
- AllerEnergy Nutrition Bars** – Apple Cinnamon, Blueberry, Cherry Blossom, Chocolate Chip
- EnerPro** – Double Chocolate Bar, Oatmeal Chocolate Bar
- Nonuttin' Granola Bars** – Apple Cinnamon, Chocolate Chip, Double Chocolate Chunk, Raisin
- **Nutri Grain Cereal Bars** – Blueberry, Strawberry, Apple Cinnamon, Blackberry, Mixed Berry, Raspberry, Cherry Pomegranate, Strawberry Acai
- **Special K Bar** – Blueberry, Strawberry, Chocolatey Drizzle, Raspberry Cheesecake, Vanilla Crisp
- **Kellogg's Rice Krispies Treats** – Original
- **Kellogg's Pop Tarts** – Brown Sugar, Cinnamon, Blueberry Unfrosted, Frosted Apple, Frosted Strawberry, Strawberry Unfrosted, Low Fat Frosted Strawberry, Frosted Cherry, Frosted Wild Berry
- **Kellogg's Pop Tart Mini Crisps** – Frosted Chocolate, Frosted Strawberry
- **Nature's Path Organic Toasted Pastries** – Frosted Chocolate, Frosted Strawberry, Frosted Cherry Pomogran, Blueberry

CUPCAKES/MUFFINS

- Divvies Cupcakes** – Chocolate, Vanilla
- Red Plate Foods Muffins** – Banana, Blueberry Lemon, Cranberry Orange, Dark Chocolate
- Sweet Alexis Cupcakes** – Chocolate/Chocolate, Chocolate/Cream, Chocolate/Orange, Chocolate/Pink, Pumpkin, Red Velvet
- Sweet Alexis Muffins** – Banana, Zucchini

COOKIES

- Cybele's Free-to-Eat Cookies** – Chocolate Chip, Chocolate Chunk Brownie, Oatmeal Raisin
- Divvies Cookies** – Chocolate Brownie, Chocolate Chip, Molasses Ginger, Oatmeal Raisin, Sugar
- Enjoy Life Crunchy Cookies** – Chocolate Chip, Double Chocolate, Sugar Crisp, Vanilla Honey Graham
- Enjoy Life Soft Baked Cookies** – Chocolate Chip, Double Chocolate Brownie, Gingerbread Spice, Snickerdoodle
- HomeFree Gluten Free Cookies** – Chocolate Chip, Oatmeal

- HomeFree Gluten Free Mini Cookies** – Chocolate Chip, Double Chocolate Chip, Vanilla
- Lucy's Gluten Free Brownie Crisp** – Triple Chocolate
- Lucy's Gluten Free Cookies** – Chocolate Chip, Chocolate Chocolate Chunk, Chocoalte Merry Mint, Cinnamon Thin, Ginger Snap, Holiday Sugars, Lemon Goodness, Oatmeal, Pumpkin Patch, Sugar Cookie
- Lucy's Gluten Free Snack 'n Go Packs** – Chocolate Chip, Chocolate Chip / Chocolate Cookie / Maple Bliss Combo
- Red Plate Foods Cookies** – Chocolate Chip, Double Chocolate, Lemon Sugar, Oatmeal
- Sweet Alexis Cookies** – Chocolate Chip, Ginger, Lemon Sugar, Oatmeal Chocolate Chip, Oatmeal, Shortbread, Sunflower Butter Chocolate Chip
- Sweet Alexis Novelty Vanilla Cookies** – Baseball, Basketball, Blue, Flower, Happy Face, Heart, Patriotic, Shamrock
- Sweet Alexis "Wheatless" Cookies** – Chocolate Chip
- ▲▲ **Eleni's Crisp Cookies [Contains EGG]** – Beyond Butterscotch, Chocolate Chip, Ginger Snappy, Oatmeal Chocolate Chip, Pink Sugar
- ▲▲ **Eleni's Hand Iced Sugar Cookies [Contains EGG]** – Butterflies, Color Me!
- ▲▲ **Skeeter Snacks Cookies [Contains EGG]** – Chocolate Chip Minis, Chocolate Chunk, Chocolate Cubed, Golden Oatmeal, Skeeter Doodle
- ▲▲ **Touche' Bakery Biscotti [Contains EGG]** – Extra Cranberry
- ▲▲ **Touche' Bakery Meringues [Contains EGG]** – Chocolate Chip, Mint Chocolate Chip, Rainbow,
- ▲▲ **Touche' Bakery Mini Biscotti [Contains EGG]** – Cappuccino Chocolate Chip, Extra Cranberry, Orange Zest, Triple Chocolate
- **Barnum's Animal Crackers** – Original
- **Chips Ahoy** – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, White Fudge Chunky, Mini
- **Dare Foods-Breaktime** – Chocolate Chip, Oatmeal, Ginger
- **Dare Foods Pure Chocolate Whippet**
- **Keebler Vanilla Wafers** – Original, Mini
- **Lorna Doone Shortbread Cookies**
- **Nabisco 100 Calorie Packs** – Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie Crisps
- **Nabisco Biscos Sugar Wafers** – Creme Filling
- **Nabisco Ginger Snaps**
- **Newtons** – Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry
- **Newtons Minis** – Whole Grain Fig
- **Newtons Fruit Crisps** – Apple Cinnamon
- **Oreos** – Original, Double Stuf
- **ShopRite Scrunchy Animal Crackers**
- **Snackwells 100 Calorie Packs** – Vanilla Creme Sandwich, Double Chocolate Chip Cookies, Fudge Drizzled Chocolate Chip Cookies, Fudge Shortbread Fudge Petites, Mint Fudge Shortbread Fudge Petites

✓ --a green check mark indicates the item is marketed as free of peanuts, tree nuts, and eggs

▲ --a green triangle indicates the item is marketed as free of peanuts and tree nuts only

**List adapted from snacksafely.com