Wellness Policy

Examples of Nut-Free Snacks

Always read the ingredient labels to ensure that items are nut free as labels do change from time to time.

- Fresh Fruit
- Fresh Vegetables (w/out dip)
- Cheese
- Ritz Crackers-Original, Whole Wheat, Reduced Fat, Fresh Stacks
- Keebler Club Crackers-Original, Mini Original
- Yogurt (w/out granola or topping)
- Pepperidge Farm Goldfish crackers
- Cheese Nips
- Kellogg Nutri-Grain bars- Strawberry, Apple Cinnamon, Blueberry, Raspberry, Cherry
- Keebler Graham Crackers-Honey, Low-Fat Honey, Cinnamon, Low-Fat Cinnamon
- Teddy Grahams-Honey, Cinnamon, Chocolate, Chocolaty Chip, Mini
- ‘Jerky’

*Italicized & bolded* items are brand & flavor specific,