

Safe Snack List

In an effort to keep our classrooms Peanut free for those children with peanut allergies, please review this safe snack list for general information and unsafe foods that contain peanuts. If you are unsure, please ask a Montessori Preschool staff member.

Peanut Free Snacks

Please read all ingredients carefully. Avoid snacks that contain peanuts, peanut flour and peanut oil. Words that could indicate the presence of peanut:

- Peanuts (any form, Ex: Peanut Butter, Peanut Flour, Peanut Oil, etc.)
- Nuts (Ex: Mixed nuts, Monkey nuts, etc.)
- Mandelonas (Peanuts soaked in flavoring)
- Sunflower Seeds (They are usually processed on the same equipment with nuts.)
- Goober Peas, Marzipan, Nougat and Arachis Oil.
- Anything that may say “May contain traces of peanuts or tree nuts” or “Produced in a facility that uses peanuts or tree nuts.”

Unsafe foods that contain nuts or peanut butter

- Mother’s Cookies (All)
- Keebler Sandies
- Ritz Bitz (even the cheese contains peanut ingredient)
- Snyder’s of Hanover (Pretzels)
- Keebler Animal Cookies Iced
- Cheese Crackers (packaged in 6 pack packages, similar to peanut butter cookies)
- Chex Mix & Honey Nut Cheerios
- Chocolate Candy Bars (MOST, Except Plain Hershey Bars)
- Crackers Jacks
- Famous Amos Cookies
- Fiddle Faddle
- Granola Bars (Nature Valley, etc.)
- Oreo Fun Stix, Cakesters
- Gummy Bears/Worms
- Ice Cream
- “Jelly Belly” brand jelly bean candy
- M&M’s (all), Junior Mints & Reese’s candy
- Little Debbie Snacks
- Slice and bake (ready-made) cookie dough
- Store Bakery cookies
- Trail Mix

No Bakery items due to cross-contamination concerns, this is usually the items that cause most allergic incidents.

No Stauffer’s Brand items as their labels may not indicate peanut/nut traces.