



Saint Nicholas Learning Center

Suggested Snacks:

Please send peanut/tree nut free healthy snacks

Hummus

Pickles

Fruits and Vegetables

- Apples
- Bananas
- Baby Carrots
- Oranges
- Watermelon
- Cucumber
- Bell Peppers
- Grapes
- Strawberries
- Peaches
- Plums
- Blueberries
- Raspberries
- Cherries
- Cantaloupe

Snack Crackers and Other Options

- Wheat Thins
- Triscuits
- Gogo Squeeze Applesauce
- Sun Maid Raisins – Not the yogurt or chocolate covered ones
- Nutri-Grain Cereal Bars
- Pepperidge Farms Goldfish
- Delmonte Fruit Cups
- Kraft String Cheese
- Kraft Sliced Cheese
- Kraft Cheese Cubes
- Yogurt – Yoplait
- Cheese Nips
- Teddy Grahams
- Honey Maid Graham Crackers
- Premium Saltines
- Cheez-its
- Popped corn

Snacks must not be made with nuts or manufactured in a plant with nuts. While the products that are **made** with nuts may be a little more obvious, ex. trail mix, peanuts, etc., the products that are **manufactured** with nuts are little more difficult to pick out. Most brands will mark their packaging with an **allergen list** or a **warning** that states one of the following:

- **“May Contain Peanut or Tree Nuts”**
- **“Processed on shared equipment with Peanuts or Tree Nuts”**
- **“Manufactured in a plant with Peanut or Tree Nuts”**
- **“Contains Peanut or Tree Nut Ingredients”**

Some packaging will even list out the tree nuts, instead of just saying tree nuts. Such as **“May Contain Almonds”**. Not all manufactures follow the same guidelines. Many product labels **clearly** state “peanuts” in the ingredients but fail to note in in the **“May Contain”** allergen list. Companies are required by law to document in the ingredients if one of the top allergens is inside of that product, however; they are not required to document if there is a risk of cross contamination. If you are trying to choose between an “off brand” and a “name brand” product, the best choice is to go with the brand name. More well-known name brands often have better labeling protocols.