

## Shopping List

### Safe and Healthy Snack Ideas

*These snack ideas are free of the following allergens:*

*Peanut, Tree Nut, Milk, Egg*

#### Letter Snack

A Apples, Applesauce, Apricots

B Bananas, Blueberries

C Carrots, Cantaloupe, Cheerios Original, Chips (Tostitos or Plain Potato), Cereals (most ok - just verify labeling)

D Dole Fruit Cups

E English muffins (Kroger brand)

F Fresh Fruit, Fruit Cups (Dole), Fritos, Fruit Chews (Hi-C)

G Grapes, Graham Crackers (Lowes brand or Honey Maid)

H Honey Maid Cinnamon sticks or Bees

I Icicles (Frozen 100% Fruit Juice)

J Jell-O, Jelly (Not Smuckers) on Saltines (Zesta brand)

K Kix Cereal

L

M Mini-Bagels (Thomas's)

N Nectarines, Nabisco Barnum Animal Crackers (non-frosted)

O Oranges

P Pears, Peaches, Pineapple, Popsicles (verify labeling), Pretzels (NOT Snyders or Utz), Popcorn (Lowes natural brand or popped kernels)

Q Quaker Honey Graham Life Cereal

R Raisins (not SunMaid), Rice Krispies cereal

S Strawberries, Salsa with Chips (Tostitos), Scooby Doo Graham Crackers

T Teddy Grahams, Triscuits (verify labeling)

U

V Veggies

W Watermelon, Wheat Thins (Original or Harvest Crisps), Wheatables by Keebler (Honey Wheat or Original)

X X-tra serving of fruits or vegetables

Y

Z Zesta Saltine Crackers

The above list of snacks has been determined to be safe and healthy. At any given time manufacturers may change ingredients or processing techniques. We strongly suggest that all ingredient labels be checked for content that may result in allergen exposures.

This information on this sheet is updated by NC FACES (Food Allergic Children Excelling Safely) a parent support group. Visit [www.ncfaces.org](http://www.ncfaces.org) for more information.