

Nut-Free, Dairy-Free, Egg-Free School Snacks

List compiled by Cupcake Love by Sheila B. Ray • <http://cupcakeloveblog.wordpress.com> • When life hands you food allergies, bake allergen-free cupcakes!

Bars

Enjoy Life Bars

Sunbutter, Apple Caramel, Cocoa Loco, Mixed Berry. 2013 New Decadent line includes S'mores, Chocolate Sunbutter, Cinnamon Bun and Cherry Cobbler flavors.

Live GFree Baked Bars - Aldi store brand

Apple Caramel, Coco Loco, Very Berry

Kashi Cereal Bars

Blackberry graham, cherry vanilla, ripe strawberry

Healthy Snacks

Enjoy Life Not Nuts Seed and Fruit Mix

Beach Bash, Mountain Mambo

Enjoy Life Plentils

Live GFree Granolas - Aldi store brand

Angie's Kettle Corn (Pre-popped popcorn)

Skinny Pop (Pre-popped popcorn)

Orville Reddenbacher's Naturals Simply Salted

Popcorn (Microwave popcorn; available at Walmart)

Rold Gold Pretzels

Newman's Own High Protein Pretzels (these used to be available at my local Whole Foods but they are no longer on their shelves. I have seen them recently at Walmart online)

Food Should Taste Good brand

tortilla chips/crackers (contains sesame)

Quaker Quakes Rice Snacks

Apple Cinnamon and Kettle Corn flavors only

Crackers

Nabisco Honey Maid Graham Crackers

Honey, Lowfat, Cinnamon, Chocolate + Ginger-bread are all safe

Keebler Grahams, all varieties, including Scooby-Doo version

Other Graham crackers (check for allergens, most name and store brands are safe)

Nabisco Barnum Animal Crackers

Nabisco Wheat Thins

Nabisco Triscuits

Keebler Zesta Saltines

Other Saltines (check for allergens, most name and store brands are safe)

Keebler Club Crackers, all varieties

Keebler Toasted, all varieties except Buttercrisp

Keebler Townhouse crackers,

all varieties except Flipsides and Flatbread Crisps

Keebler Wheatables, Honey Wheat or Golden Wheat

Cereals

Quaker Oatmeal Squares

Chex

Kix

Original Cheerios

Alphabits

Breads

Brownberry Dutch Country Whole Wheat

Brownberry Pocket Thins 8 Grain

Pepperidge Farm Goldfish Bread

Aunt Millie's (check labels for safe varieties)

Cookies

Oreos (Original and Double Stuf)

Oreo thin crisps (100 calorie snack bags)

Lorna Doone Shortbread (full size cookies and 100 calorie packs are both safe)

Newton's Fruit Thins

Nabisco Belvita breakfast biscuits

Enjoy Life Cookies (soft and crisp varieties, ALL are safe)

Keebler Vienna Fingers

Biscoff cookies

Treats

Fruit Snacks (check labels, many are safe, including Betty Crocker and Kellogg's, Target and Meijer brands)

Target Market Pantry brand Marshmallow Treats

(2013, I believe these are now discontinued, but I recently found a safe store brand at Jewel; check other store brands).

Other

Sunbutter

IM Healthy Soybutter (includes a chocolate flavor!)

Wow Soybutter

Raisins (check for shared equipment allergens)

Craisins brand dried cranberries

(avoid store brands, which tend to be packaged on shared equipment with nuts)

Applesauce

Fruit cups

Baby carrots

Please note: Last updated 7/24/14. This list was developed based on my own research, which is primarily the internet and reading of package labels. I did not request or receive specific manufacturing practices from any of the companies listed here. While food manufacturers are required to list all ingredients, they are NOT required to state shared equipment or facility manufacturing practices on their label packaging. If you have questions, I would recommend calling the manufacturer directly. Also, please know that manufacturing practices and recipes are subject to change, so remember to read labels to help ensure that a food product is still free of the allergens you are trying to avoid. In my experience, the changing of ingredients is especially true about store brands, so read carefully.