



## Peanut & Nut Free Snack & Lunch Ideas:

<b>Manufacturer:</b>	<b>Product Name:</b>
<b>Snack &amp; Lunches:</b>	Cheese, Yoghurt, Fresh Fruit & Vegetables, Pretzels (most brands), Raisins, Canned Fruit, Hard Boiled Eggs, Soup, Chili, Pasta. Homemade cookies/muffins/breads etc. which do not contain any nuts.
<b>Sandwich Ideas:</b>	Cucumber & Cream Cheese, Cream Cheese & Jam, Sandwich meat, Cheese, Tuna salad , Egg Salad, Chicken Salad, Hummus & Pita
<b>Quaker:</b>	Rice cakes, Chewy Granola/Cereal bars (only those with logos)
<b>Hunts:</b>	Puddings, Juicy gels
<b>Delmonte:</b>	Puddings, Fruit gels, Fruit cups
<b>Peak Freans Cookies:</b>	Shortcake, Fruit Cream, Arrowroot, Assorted Tea, Nice Assorted Cream, Family Shortcake, Digestive, Family Digestive
<b>Mott's Fruitsations:</b>	Applesauce
<b>Christie's Crackers:</b>	Crispers, Premium Plus, Oat Thins, Wheat Thins, Stoned Wheat Thins, Cheese Bits, Cheese Nips, Sociables, Toppable, Swiss Cheese, Vegetable Thins, Triscuit, Ritz, Bacon Dippers, Sour Cream & Onion
<b>Christie's Cookies:</b>	Chips Ahoy, Chunks Ahoy, Chewy Chips Ahoy, Teddy Grahams, Fudgee-O, Oreo (not mini); Arrowroot, Fig Newtons
<b>Dole:</b>	Fruit Cups
<b>Dare:</b>	Real Fruit, Simple Pleasures Baked Cookie Bars, Coconut/Banana/Citrus/Vanilla/Strawberry/Cinnamon Cookies, Simple Pleasures Original/Social/Lemon/Cinnamon/Oatmeal/Cookies
<b>Pepperidge Farms:</b>	Fish Crackers (giant or small)
<b>Hollandia (ALL):</b>	Chocolate/Blueberry/Oatmeal/Oatmeal Raisin/Ginger Snap/Variety/Apple Cookies & Baked Goods

This list has been compiled by Jillian Howey and Jen Coulas.