

## Peanut free Snack suggestions from [www.Mommity.com](http://www.Mommity.com)

**Warning: Never rely upon this list as a sole resource for protecting a child with food allergies. Always read the label before purchasing a product because manufacturers may change their ingredients and processes at any time.**

### 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
- Cereals – Such as Shredded Wheat, Apple Jacks, Fruit Loops, Kix. There are several cereal options, just be sure to check the labels
- Gogo Squeeze Applesauce
- Sun Maid Raisins – Not the yogurt or chocolate covered ones
- Nutri-Grain Cereal Bars

- Pepperidge Farms Goldfish – [Cheddar only](#)
- Delmonte Fruit Cups
- Kraft String Cheese
- Kraft Sliced Cheese
- Kraft Cheese Cubes
- Yogurt – Yoplait
- Fruit Snacks – Betty Crocker, Annies Organic.
- Cheese Nips
- Teddy Grahams
- Nilla Wafers
- Honey Maid Graham Crackers
- Premium Saltines
- Cheez-its
- Popcorn – Pop Secret, Act 11, Jolly Time, Orville Redenbacher
- Jell-O Pudding Cups and Gelatin
- Hunts Pudding
- Kraft Handi Snacks Pudding Cups
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