

**Dairy and Nut Allergy friendly snack ideas:**

Basic popcorn  
Plain pretzels  
Veggie straws  
Pretzel goldfish  
Oreos  
Teddy Grahams  
Graham crackers  
Animal crackers  
Applesauce squeezers  
Potato chips/Tortilla chips  
Sausage  
Fruit  
Vegetables  
Most popsicles  
Most sugar candy  
“Enjoy Life” brand  
“Made Good” brand

**Additional nut friendly foods: (NOT dairy free)**

Cheese and sausage  
Yogurt  
Goldfish  
Nilla Wafers  
Pudding  
Cottage cheese

**Additional Dairy friendly foods: (NOT nut free)**

Nutterbutter cookies  
Peanuts/nuts  
Breakfast bars (Larabars, Kind bars, Belvita bars)  
Peanut butter crackers

**Please read the labels!** Read the label because it will tell you the ingredient list **and** how it was manufactured. Some products with nuts or dairy are obvious to identify like peanut butter flavored candy or snack bars, trail mix, yogurt, cheese. However, other snacks may not have nuts or milk identified in the title or may have been *cross contaminated on shared equipment*. While this may not seem like much to some, even a cross with peanut dust or milk powder can be enough to put a child in distress so please be mindful and choose options that are safe for your child’s classroom.

**Be aware of phrases like:**

“May Contain Peanut, Tree Nuts, Dairy, Milk”

“Processed on shared equipment with Peanuts or Tree Nuts or Dairy/Milk”

“Manufactured in a plant with Peanut/Tree Nuts, Dairy/Milk”

“Contains Peanut/Tree Nut or Dairy/Milk ingredients”

You may even notice that some brands get very specific and list the type of tree nut. For example: “May Contain Almonds”.

**Please remind your students that food is not to be shared or traded while at school due to allergies and the safety of all children. Keep hands clean and to themselves during and after eating. If you have a specific question on a certain food or situation please reach out to the District Nurse or your child’s teacher. Thank you for helping to keep our students safe!**