Safe Snacks

The following snacks are nut-free. Please read ingredient labels each time you buy them, as ingredients can change without notice.

Cereals:
Original Cheerios (honey nut, multi-grain, and frosted all contain nuts)
Corn Flakes
Rice Chex
Corn Chex
Wheat Chex
Kix
Life (original, cinnamon, and honey graham)
Barbara's Bakery Shredded Oats
Barbara's Bakery Shredded Spoonfuls

Crackers:
Ritz
Club
Town House
Goldfish
Triscuit
Saltines
Wheat Thins
pretzels (Meijer, Kroger, Rolls Gold)
Graham crackers (plain, cinnamon, or chocolate)

Produce:
Fruits
Vegetables

Other:
Yogurt (no granola topping)
Raisins
Dried fruit
Cheese sticks, cubes, slices
Popcorn (not cooked in peanut oil)