

Hingham Public Schools

Peanut and Tree Nut Free Snacks

Below is a list of snacks which are free from all nuts and have not been manufactured in a facility that processes peanuts/tree nuts. These are considered safe for children with nut allergies. Please keep in mind that manufacturers can change ingredients and/or they may change the facility where they make the product to one which has peanuts. **Therefore, ingredient labels must be read to insure that they do not contain any type of peanut, tree nut or peanut oil. Also, make sure the product hasn't been processed on peanut/treenut machinery.**

- **All Fruits**, fresh, canned or dried, fruit cups and applesauce
- **All raw vegetables**
- **Bagels**; Bagel chips, Stacy's pita chips, Athenos pita chips, Quaker rice cakes
- **Cereal/breakfast items**; Plain and Apple cinnamon Cheerios, Life, Cinnamon Toast Crunch, Kix, Golden Grahams, Fruit loops, Frosted Mini-Wheats, Apple Jacks, Nutri-Grain, Kashi & Special K cereal bars (Blueberry, vanilla, strawberry), Kellogg's Pop-Tarts – (fruit flavored), Entenmann's Blueberry or Chocolate Chip mini-muffins, Entenmann's donut holes
- **Cheese**, cream cheese, hummus, Ranch & Blue Cheese dressing
- **Cookies**- Oreos, Chips Ahoy, Keebler E.L. Fudge original & double stuffed, Nabisco Fudge Stripes, Vienna Fingers, Nilla Wafers, Betty Crocker Dunkaroos, Kellogg's Rice Krispies Treat, Snackwell Crème Sandwich, Nabisco Teddy Grahams, Regular Fig Newtons, Lorna Doone's, Nabisco Oatmeal Plain or Raisin, Fruit Snacks (Mott's, Welch's, Kellogg)
- **Crackers**: Wheat Thin; Saltines; Ritz, Town House, Nabisco Graham Crackers; Kashi Crackers, Keebler Wheatables, Pepperidge Farm Goldfish, Cheez-its, Annie's Whole Wheat Bunny Crackers, Triscuits; Breadsticks by Pepperidge Farm & Honey Maid, Keebler Scooby Doo Graham cracker sticks
- **Frozen Treats**: Popsicles, Luigi's Italian Ice, Welch's Juice Bars, Edy's Fruit bars, Philly Swirl Poppers, Hoodsies, Ice cream Sandwiches by Hood and Stop & Shop
- **Jello, Pudding, Yogurts**
- **Munchies**: Pretzels (Bachman, Rold Gold), Chips (Pringles, Lays, Cape Cod), Cheese Curls (Cheetos, Bachman, Wise), Popcorn (Bachman, Smartfood, Wise), Tostitos Tortilla Chips, Fritos Corn Chips, Doritos, Pirate Booty, Popchips, Veggies Chips
- **Sundae Treat**: Breyers All Natural Vanilla Ice Cream, Stop & Shop jimmies, Whipped cream in can, Crushed Oreo Cookies, Hershey's Chocolate Sauce.

Your support and cooperation with these simple, yet very important safety procedures are greatly appreciated by both the school and the families.

Please feel free to contact Mrs. Whiting, the school nurse at 781-741-1530, ext 4322 if you have any questions or concerns.
(updated June 1, 2014)