

**Throughout the year and also with the
Halloween Carnival coming up at SOMS,
please keep in mind ...**

- Avoid snacks that contain peanuts, peanut flour, peanut oil, or peanut butter or other nuts. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts, pistachios, and walnuts.
- **Read labels carefully** to make sure the products are nut free.
- Snack labels that read "MAY CONTAIN TRACES OF PEANUTS/NUTS" or "PROCESSED IN A FACILITY THAT PROCESSES PRODUCTS THAT CONTAIN PEANUTS/NUTS" are **NOT** acceptable!
- Food labels and ingredients change over time, so ***always*** read the label ***each time*** before purchasing snacks.
- Include the packaging of your treat when you send it to the classroom, so that the label may be rechecked if there are any questions.
- <http://snacksafely.com/safe-snack-guide/> This is a link to snacksafely.com. It is updated often and contains an extensive list of food snacks that are appropriate and safe for school settings. Even if a food is listed here, you must read each label every time you send food to your child's school.
- Remember that fresh fruit, fruit cups, vegetables, yogurt, cheese/cheese sticks, and applesauce cups are always safe and are healthier options for snack time!

Thank you for your consideration and support in keeping the food-allergic child safe from having a life threatening allergic reaction at school.

Peanut/Tree Nut Free Candy List

CANDY

- Andes Mints – All varieties
- Charms Sweet Pops
- Charms Blow Pops / Charms Blow Pop Minis
- Crows
- Cry Baby
- Dots
- Double Bubble Gum – All varieties
- Dum Dum Pops
- Frooties
- Good & Plenty
- Hot Tamales
- Kraft Caramels
- Lifesavers Hard Candies
- Lifesavers Gummies/ Lifesavers Gummies Collisions
- Mike and Ike



- Milk Duds
- Jolly Rancher Hard Candy / Jolly Rancher Doubles
- Pez
- Push Pop
- Red Vines
- Razzles
- Rolo
- Skittles – All varieties
- Smarties
- Sour Patch Kids
- Sour Punch Straws – Apple, Strawberry
- Starburst Fruit Chews – All varieties
- Starburst Gummi Bursts – All varieties
- Starburst Jelly Beans - All varieties
- Sugar Babies
- Sugar Daddies
- Swedish Fish
- Tootsie Pops
- Tootsie Rolls – Chocolate and Fruit Flavors
- Twizzlers – All wrapped varieties
- Whoppers – Original Only Zours
- Amanda's Own Confections – Assorted Gourmet Jelly Beans, Sour Gummy Bears, Sour Gummy Worms
- Divvies – Hearts 4 U!, Super Stars, Solid Gum Balls, Jelly Beans, Blue Rock Candy

CHOCOLATE

- Hershey's Chocolate Bars – 1.55 oz Bars (Note: other sizes may not be safe)
- Hershey's Chocolate Kisses
- Hershey's Chocolate Kisses Special Dark
- Amanda's Own Confections – Chocolate Bars, Chocolate Chips, Chocolate Shape Varieties, Crispy Bark,
- Marshmallow Clusters, Peppermint Bark
- Surf Sweets – Fruity Bears, Fruity Hearts, Gummy Bears, Gummy Worms, Peach Rings, Sour Berry Bears, Sour
- Worms, Spooky Spiders, Watermelon Rings
- Surf Sweets Jelly Beans – Original, Spring Mix
- Divvies – Two Chocolate Hearts, BingGo! Divine Chocolate, BingGo! Benjamint Crunch, Bag of Chips, Divvisaurus
- Enjoy Life – Mega Chunks, Mini Chips
- Enjoy Life Boom Choco Boom Bars – Crispy Rice, Dark Chocolate, Rice Milk
- Nonuttin' – Dark Chocolate Chunks

FRUIT SNACKS

- Betty Crocker Fruit Roll-Ups
- Betty Crocker Fruit By The Foot
- Fruit Gushers
- Betty Crocker Fruit Flavored Snacks – Dora the Explorer, Scooby-Doo, Batman, Spiderman,
- SpongeBob Square Pants, Shark Bites, Trans Formers, The Penguins of Madagascar, Ni hao Kai-Lan
- Clif Kid Organic Twisted Fruit – Strawberry, Mixed Berry
- Annie's Organic Bunny Fruit Snacks – Sunny Citrus, Tropical Treat
- Funky Monkey Snacks – Applemon, Bananamon, Carnaval Mix .liveAl ime