DMS Safe Snack Suggestion List:

Peanut and Tree Nut Safe Options	*Not Nut Safe*
Rold Gold Pretzels	*Snyders Pretzels*
Sunbutter Brand Sunflower seed butter I.M Healthy Brand Soynut (not a nut) butter	
Grapes Melon Bananas Apples Berries Applesauce Cut up veggies	
Raisins and other dried fruit (Sunmaid, Dole, Newmans, Woodstock Farms, Craisins)	*Read packages on dried fruit...i.e. Dole Dates are not nut safe*
Tubs of Yogurt (no crunch toppings)	
Cottage Cheese	
Anything "Dare" Brand Crackers, Cookies, Fruit snacks	*Several Brands of Gummy Fruit snacks are not nut safe*
Stoned Wheat Thins Graham Crackers (most brands incl. Honey Maid) Triscuits Wheat Thins Goldfish Kavli 5 Grain Crackers Wasa Flatbread Kashi TLC Crackers	*Annies Cheddar Bunnies*
Whole Wheat Bread (homemade or sliced loaf style)	
Homemade Baked Goods (breads, muffins, biscuits)	*Many Artisan Breads (Black Crow, Borealis, Hannaford Brand) are not nut safe*
Homemade Cake (apple spice, carrot, etc)	*No nuts in ingredients of baked goods*
Many Cake Mixes (standard brands, Cherrybrook Kitchen Brand) *(read labels on any box mixes or add-ins like chocolate chips—some are safe, some are not))*	*No nuts in ingredients of baked goods*