

Holy Spirit Parish at Geist Religious Education

Peanut-Free Snacks

When purchasing snacks or birthday treats for a school event that involves a child who has a peanut allergy, please read all ingredients carefully. Avoid snacks that contain peanuts, peanut flour, and peanut oil.

Below you will find a list of snacks that are peanut-free at this time. It is always important to read ingredient labels since manufacturers change production methods.

Cereal/Bars

General Mills

Cinnamon Toast Crunch
Kix, Berry Berry Kix
Lucky Charms
Rice Chex, Corn Chex, Wheat Chex
Trix

Kellogg's

Cereals - Corn Pops, Crispix, Fruit Loops, Post Alpha Bits, Quaker Cap 'N Crunch
Nutri-Grain - Apple, Blueberry, Raspberry
Nutri-Grain Twist - Banana & Strawberry, Strawberries & Cream

Post

Honey Combs

Cheese/Dairy

Sargento

Mootown Snacks - Cheeze & Pretzels, Cheeze & Crackers, Cheeze & Sticks

Yogurt

Go-Gurt, Drinkables

Other Cheeses

Sliced, cubed, shredded, string cheese, cream cheese, spreads, dips

Crackers/Chips/Cookies

Austin

Zoo Animal Crackers

Betty Crocker

Cinnamon Graham Cookies
Dunk Aroos
Sprinkled Vanilla Frosting

Frito Lay

Cheetos - Crunch, Zigzag, Puffs
Rold Gold Pretzels
Sun Chips - Original, Sour Cream, Cheddar, Classic, Flavored

General Mills

Bugles - Original

Keebler

Bite Size Snackin Grahams - Cinnamon, Chocolate
Elf Grahams - Honey, Cinnamon

Fudge Stripes Shortbread Cookies
Golden Vanilla Wafers
Grasshopper Mint Cookies
New Rainbow Vanilla Wafers
Munch'ems - Sour Cream & Onion, Original, Ranch, Cheddar
Snack Stix
Sugar Wafers
Toasteds - Wheat, Buttercrisp
Town House Classic Crackers
Wheatables - Original, Honey Wheat, Seven Grain

Kraft

Handi-Snacks - Cheez 'N Crackers, Apple Dippers, Cheez 'N Pretzels
Handi-Snacks Teddy Grahams - Honey, Chocolate
Crackers/Chips/Cookies continued

Nabisco

Air Crisps
Potato - Sour Cream & Onion, Ranch, Barbeque, Cheddar
Pretzel - Original
Ritz - Original
Wheat Thins - Original, Ranch
Barnum Animal Crackers
Cheddar Sportz
Cheese Nips
Dizzy Grizzlies - Vanilla Frosted, Chocolate Frosted
Graham Crackers - Honey Maid, Cinnamon, Chocolate
Newtons - Fig, Cobblers, Raspberry, Apple
Ritz Crackers - Original
Saltine Crackers
Teddy Cheddy
Teddy Grahams - Cinnamon, Chocolatey Chip, Chocolate, Honey
Triscuits, Triscuit Thin Crisps
Wheat Thins

Old Dutch

Baked Cheez Curls
Chips
Crunchy Curls
Pretzels

Pepperidge Farm

Butter Thins
Goldfish - any flavor
Goldfish Graham Snacks - Honey, Cinnamon, Golden

Pringles

Any flavor

Sunshine

Big Cheez-It
Cheez-It - Regular, Reduced Fat
Hi Ho Crackers - Regular, Reduced Fat

Fruit

Fresh - Apples, Bananas, Oranges
Packaged Fruit - Apple Sauce, Apple Sauce mixes, Diced Pears, Peaches, Raisins, Mandarin Oranges
Fruit Snacks - Fruit Roll Ups, Fruit by the Foot, Fun Fruit

Jell-O and Pudding Snacks

Popcorn

Barrel O'Fun

Corn Pops (No Kernels)

Frito Lay

Cheddar Cheese

Chester's Popcorn Butter

Old Dutch Popcorn

Carmel PuffCorns, Cheddar, White, White Cheddar

Vegetables

Fresh Carrot Sticks, Celery Sticks

Special Treats

Cakes/Cupcakes

Kowalski's Bakery, Sam's Club Bakery

White, Chocolate, Marble Cakes

Candy

Air Heads Rolos

Dum Dum Pops Runts

Gum Drops Shock Tarts

Hershey Kisses - Milk Chocolate, Extra Creamy Sixlets

Jolly Ranchers Skittles

Junior Mints Smarties

Life Savers Spree

Lollipops Starburst

Mike & Ikes Sugar Babies

Milk Duds Sweet Tarts

Nerds Tootsie Pops

Oompas Tootsie Rolls

Ring Pops Twizzlers

Cookies/Donuts

Kowalski's Bakery

Iced Sugar Cookies

Donut Holes - Plain, Glazed

Ice Cream/Frozen Treats

Edy's

Whole Fruit Bars

FlaVorIce - "Freezies"

Good Humor Popsicles

Sherbet Cyclone

Icee - Squeeze up tubes

Italian Ice

Kemps

Fudge Bars - Regular and Junior Size

Ice Cream Bars

Ice Cream Cups

Ice Cream Sandwiches - Regular, Mint Chocolate Chip

Twin Pops - Any flavor

What's Up Orange Sherbet Treats

Klondike

Oreo Ice Cream Sandwiches

Minute Maid

Soft Frozen Lemonade

Polar Express

Ice Cream Sandwiches

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