



Allergy-Friendly Snack Suggestion List

All of these snack suggestions are free of the top 8 food allergens unless otherwise indicated and are also vegan-friendly. Adapt snacks based on your class's needs and please check with your child's teacher about the severity of allergies in your individual classroom. Please be aware of labels that say "made on shared equipment with..." or "may contain..." for students with food allergies.

Vegetables

- Fresh cut veggies: mini sweet peppers, edamame, carrots, celery, cucumbers
- Vegetable chips: kale with Bragg's nutritional yeast, sweet potato, or store-bought veggie chips.

Fruit

- Fresh fruits: apples, oranges, bananas, pineapple, mango, kiwi, grapes and cherry tomatoes (cut in half), plums, berries, melon balls (from watermelon, honeydew or cantaloupe.) Make a fruit salad or kabob to keep interest. Also consider making "ants on a log" with banana or celery
- Dried or freeze-dried fruits: raisins, mango, dates (with sunflower butter!), fruit leather, banana/plantain chips, and apple chips

Dips

- Dips to use with fruit, veggies, crackers, or chips: sunflower butter (stir in additional seeds like chia, hemp, and sesame for added nutrition), Wow Butter, hummus, bean and veggie blend dips, JUST Ranch (may not be

suitable for those with soy allergy), Tofutti or Trader Joe's Cream Cheese (both contain soy), salsa with corn chips, guacamole

Prepackaged

- Crackers: Earth Balance Cheddar Squares (contains gluten) or White Cheddar Puffs, Mary's Gone Crackers (some flavors contain soy), Good Thins crackers sweet potato and chickpea flavor (contains wheat and soy), The Ground Up Cauliflower and Butternut Squash snacks (all are vegan, gluten-free, and nut-free, but some are manufactured on equipment that either contains dairy or soy *check label), Van's Multi Grain Crackers
- Bars: Made Good products, Enjoy Life products, Go Raw products (contains coconut), Trader Joe's granola bars (contains gluten), That's It! Bars, Nature's Bakery Fig Bars (gluten free options available), Trader Joe's Fruit Bars
- Other Snacks: Hippeas, Skinny Pop Mini Popcorn Cakes, Abe's muffins found at Whole Foods (contains gluten), some pouches including NOKA Superfood Smoothie and

Go Go Squeeze, apple sauce, Veggie Straws, Free2b Foods (free of the top 12 food allergens!), Daiya brand cheeses and yogurt (contains coconut)

Homemade

- Trail mix using age appropriate seeds and dried fruits
- muffins (applesauce, bran, carrot, pumpkin, spice – veggify these)
- quick bread – banana, zucchini, pumpkin
- Biscuits and scones with dried fruit
- Pancakes with a little maple syrup
- no bake energy balls
- crispy roasted chickpeas or fresh edamame
- Chia seed pudding
- granola bars or seeded brittle using seeds like hemp, chia, and sesame, dried fruit, sunflower butter, dates, and/or oats
- Gluten-free tortilla wrap rollups with banana, sunflower seed butter, and your choice of sweetener or a savory option like Light Life Kale and Bean deli slices (contains wheat) with dairy-free cheese or hummus, or hummus with avocado and mashed beans
- black bean brownies