

## **SUGGESTED SAFE SNACK LIST\***

**Fresh fruits and vegetables**

**Most canned fruits**

**Applesauce**

**Mandarin Oranges**

**Canned Olives**

**All foods by Enjoy Life Brand** (in organic section of Stop and Shop and other stores)

**All foods by Divvies** (available at Divvies.com or Whole Foods)

### **Raisins:**

(Sun-Maid, Dole, Nature's Promise, Stop and Shop)

Sun-Sweet Dried Fruits

Craisins

### **Crackers/Cookies:**

Ritz Crackers (plain and whole wheat only)

Wheat Thins (plain and reduced fat only)

Triscuits (plain)

Scooby Doo Graham Sticks (Keebler)

Saltines (Nabisco and Stop & Shop brand)

Oyster Crackers (Nabisco and Olde Cape Cod Brands Only)

Old London Whole Grain Melba Toast

Teddy Grahams (honey, chocolate or choc. chip)

Barnum's Animal Crackers

Graham Crackers (Stop & Shop Honey Grahams, Nabisco, Honey Maid, Honey Grahams)

Streit's Matzos (Lightly Salted, and Unsalted Only)

Oreo's (Original and Golden Only)

Lucy's Cookies: all varieties – found in organic section of S&S

### **Fruit Snacks:**

Betty Crocker Fruit Roll-Ups

Scooby Fruit Snacks (Betty Crocker)

Welch's Fruit Snacks

Fruit Gushers  
Simply Fruit Fruit Roll-ups  
Fruit Snacks (Betty Crocker, Stop and Shop, Kelloggs)  
FruitaBu: Fruit Rolls- all flavors

**Breakfast Snacks:**

Pop-Tarts (Strawberry, Blueberry, and Brown Sugar Cinnamon Flavors ONLY)  
Cereals (Plain Cheerios, Apple Cinnamon Cheerios, Fruity Cheerios, Corn Flakes, Kix, Rice Krispies, Froot Loops, Corn and Rice Chex, Frosted Mini Wheats and Little Bites, Lucky Charms, Cocoa Crispies, Apple Jacks, Pops, Honeycombs, Cinnamon Toast Crunch, Oatmeal Squares)  
BelVita Breakfast Biscuits (Crunchy: Blueberry, Apple Cinnamon, Golden Oat, Cinnamon Brown Sugar and Chocolate Flavors)

**Pretzels (Unflavored ONLY):**

Rold Gold  
Utz  
Bachman's

**Chips: (Unflavored varieties ONLY)**

Tostitos, Santitas and Utz Tortilla Chips  
Cape Cod Potato Chips  
Wise Potato Chips  
Utz Potato Chips  
Munchos  
Ruffles  
Lay's (Reg and Baked)  
Fritos  
Sun Chips (original and simply sea salt only)  
Pringles (original only)

**Other:**

JetPuffed Marshmallows  
Popsicle Brand Popsicles  
Luigi's Italian Ice  
Hummus, (plain only) Sabra, Tribe, Cedar's and Joseph's brand

**Drinks:**

Water

Ocean Spray Cranberry Juice, CranRaspberry, CranCherry

Minute Maid Juices & Lemonade

Newman's Own Lemonade

Apple & Eve Juices

Honest Kids Juice

Motts 100% Apple Juice

Capri Sun

All flavors of Plain Gatorade

Plain Apple Juice

Plain Orange Juice

\*This is a list of snacks that are labeled as safe at this time. Ingredients and manufacturing practices can change at any time. To be sure, check the labels. Any snacks that read “contain”, “may contain”, or are “manufactured in a facility with...” , “processed in a plant with...” the following allergens are **NOT** safe: **peanuts, milk, dairy, tree nuts**. Also labels that have the following words may not be safe and may suggest a call to the manufacturer: **flavors, spices, natural flavors**.