

NUT-FREE SNACK SUGGESTIONS

FRESH FRUITS & VEGETABLES

Cherry or Grape Tomatoes Carrots	Strawberries Blueberries Cherries Raspberries Blackberries	Watermelon Honeydew Cantaloupe
Kiwi fruit Grapes	Papaya Pineapple Mango sliced	Sugar Snap Peas Snow Peas Green Beans
Cucumber slices Celery sticks Sliced Bell Peppers	Broccoli Cauliflower	
Nectarines Peaches Plums	Orange slices Grapefruit	Sweet Potato Black Beans Pinto Beans

Apples- whole or sliced (soak in water with lemon juice to prevent browning)
 Banana (whole or sliced with lemon juice)
 Pear- whole or sliced (soak in water with lemon juice to prevent browning)
 Avocado (squeeze lime/lemon juice prevents blackening)

Roasted Beets or Trader Joe's Ready-to-Eat Beets
 Mandarin segments in juice (not syrup)
 Sunflower Seeds
 Raw/Roasted Pumpkin Seeds (Pepitas)
 Chickpeas/Garbanzo Beans- plain or roasted with Moroccan spices
 Lentils – Trader Joe's Steamed Lentils

WHOLE-GRAIN SNACKS

Brown Rice
 Organic Popcorn/Quinn Popcorn
 Couscous
 Quinoa
 Tabouli
 Pasta- served cold or in thermos warm
 Triscuits or Trader Joe's Woven Wheat Wafers
 Popcorn (can pop on stove or in brown bag in microwave)
 Oatmeal (served warm in thermos)
 Ola! Granola No-Nut Vanilla or Choc Banana Chip
 Kashi Shredded Wheat (vanilla, cinnamon)
 Finn Crisp Thin Rye Crispbread
 Lundberg Brown Rice or Wild Rice Cakes
 Real Foods Corn Thins
 Wasa Rye Crispbread Varieties
 Ryvita Rye Varieties
 Kashi Heart to Heart Whole Grain Crackers (Original & Roast Garlic)
 Trader Joe's Rice & Bean Chips
 Trader Joe's Veggie & Flaxseed Tortilla Chips
 Happy Herbert's Sesame Snack Sticks
 Somersaults Sunflower seed Snacks

CANNED/DRIED FRUITS & SAUCES

Organic Raisins, currents
 Dried Plums
 Dates
 Mission Figs
 Organic Dried Cranberries, Blueberries, Cherries, Apple Rings, or Mangoes
 Dried Unsulfured Apricots or Nectarines
 Vermont Village Applesauce
 GoGo Squeez Applesauces
 Nature's Child Grape or Berry Squeezers
 Trader Joe's Crushers
 Trader Joe's Fruit Leathers
 Archer Farms Organic Fruit Strips, Bars or Pull Apart Peels
 Fruitabü Organic Smooshed Fruitrolls
 Trader Joe's Fruit Flakes
 Trader Joe's Fiberful Fruit Bars
 Clif Kid Organic Twisted Fruit Rope
 Trader Joe's Freeze Dried Mangos, Bananas, Grapes or Strawberries
 Roasted Seaweed Snack (TJ's or Costco)
 Fruit Crisps- dried fruit chips

DAIRY & EGG SNACKS & MEATS

Cheeses- TJ's mini brie, mini goat cheese, sliced cheddar,
 organic cheese sticks, sliced muenster
 Horizon/other organic String Cheese sticks
 Kafir milk or Lassi
 All natural yogurts without hormones like Stoneyfield or Trader Joe's, Brown Cow, Whole Foods, Horizon
 Trader Joe's yoyo squeezers Stoneyfield or Horizon tube yogurt (freeze to keep cold or as frozen morning snack)
 Hard-Boiled Eggs with sea salt
 Devilled Eggs
 Applegate Farm salami, ham, chicken or turkey
 Applegate Farm sliced cheeses

Also homemade nut-free Leftovers

Target, Stop & Shop, Whole Foods and Trader Joe's have many nut-free, organic and/or natural foods

