

Peanut-Safe, Tree-Nut-Safe Healthy Snacks

1. Apple (cut at home)
2. Banana
3. Carrots (good with hummus or ranch dip)
4. Celery (good with hummus or ranch dip)
5. Mango
6. Pear
7. Grapes
8. Strawberries (good with yogurt)
9. Blueberries (good with yogurt)
10. Raspberries (good with yogurt)
11. Oranges (peeled at home)
12. Peaches (good with yogurt)
13. Plums
14. Kiwi
15. Grapefruit
16. Avocado (good with soy sauce and brown rice)
17. Pineapple
18. Papaya
19. Star Fruit
20. Figs (good with goat cheese)
21. Honeydew Melon
22. Cantaloupe
23. Watermelon
24. Cherries
25. Edamame (good with soy sauce)
26. Raw Sugar Snap Peas (good with hummus)
27. Clementine
28. Dried Apple Rings
29. Raw Sliced Bell Peppers (good with hummus or ranch dip)
30. Cucumber slices (good with ranch dip)
31. Jicama
32. Cherry Tomatoes (good with ranch dip)
33. Freeze Dried Fruit (like mango, banana, blueberries or strawberries)
34. Canned Fruit like Mandarin Oranges
35. Raw Cauliflower
36. Raw Broccoli (good with ranch dip)
37. Applesauce
38. Raisins
39. Whole Grain Crackers (like Triscuits, topped cheese or a cream cheese & jelly combination)
40. Popcorn
41. Oatmeal (served warm in a Thermos if sending to school)
42. Shredded Wheat
43. Dry Whole Grain Cereal
44. Rice Cakes
45. Whole-Wheat Pretzels
46. Popcorn Cakes
47. Hard-Boiled Egg
48. Cheese Cubes, Slices or Sticks (with or without crackers) or String Cheese
49. Yogurt
50. Granola Bar
51. Olives or Pickles