

## Wellness Policy

### Examples of Nut-Free Snacks

Always read the ingredient labels to ensure that items are nut free as labels do change from time to time.

- Fresh Fruit
- Fresh Vegetables (w/out dip)
- Cheese
- *Ritz Crackers-Original, Whole Wheat, Reduced Fat, Fresh Stacks*
- *Keebler Club Crackers-Original, Mini Original*
- Yogurt (w/out granola or topping)
- *Pepperidge Farm Goldfish crackers*
- *Cheese Nips*
- *Kellogg Nutri-Grain bars- Strawberry, Apple Cinnamon, Blueberry, Raspberry, Cherry*
- *Keebler Graham Crackers-Honey, Low-Fat Honey, Cinnamon, Low-Fat Cinnamon*
- *Teddy Grahams-Honey, Cinnamon, Chocolate, Chocolatey Chip, Mini*
- 'Jerky'

*Italicized & bolded* items are brand & flavor specific.