

# Safe Snack Guide

## Snacks Free of Peanuts, Tree Nuts and Eggs to Help Keep These Allergens Out of the Classroom and Your Home

The Safe Snack Guide is a free resource designed to provide snack options to individuals with food allergies as well as safe options for use as part of an allergen exclusion policy for classrooms, youth sports leagues, camps, scouting groups, etc. Where children congregate and consume snacks in the presence of allergic individuals, the Guide provides options to help limit opportunities for contact exposure.

The Guide is a catalog of commonly available snacks and other foods that are free of specific allergens organized into categories including:

- Pretzels
- Potato Chips
- Fruit Snacks
- Cookies
- Cakes/Muffins
- Chocolate
- Candy
- Crackers
- Peanut Butter Alternatives
- Granola/Trail Mixes/Seeds
- Baking/Mixes
- Seasonal Novelties



Thousands of schools and tens of thousands of parents nationwide rely on the Safe Snack Guide to help identify products suitable for nut-free occasions including school snack time, classroom celebrations, birthday parties, camp festivities and scouting events. The Guide averages over 30,000 downloads per month.

We frequently update the Safe Snack Guide with new products as manufacturers join the *SnackSafely.com Manufacturer Partnership Program*. To participate, they must disclose via our platform how 11 allergens are processed during the manufacture of each of their products. Products that qualify earn a listing in the Guide.

Participation in the Initiative is free to all qualifying manufacturers, and as participants they are entitled to display the Safe Snack Guide manufacturer badge on their respective websites. The badge informs you that the manufacturer has taken extra steps to disclose possible sources of cross-contamination with the common allergens we screen for. Look for it and for us!



For more information and to download your free copy, visit us at:

[snacksafely.com/safe-snack-guide](https://snacksafely.com/safe-snack-guide)