

Allergic reactions are unpredictable, and can cause an array of medical issues for the allergic student, including a severe reaction, known as anaphylaxis. To protect all students, it's best to send allergen-free snacks. Because anyone can be allergic to any food, it can be difficult to know what's appropriate for your student attending a public program. When in doubt, play it safe. Most whole fruits and vegetables are safe for most people, while many processed snacks, like chips, cookies, and snack cakes, contain one or more common food allergens. If you have time, make snacks yourself so you can control the ingredients.

Whole fruit

Clementines, small apples, or bananas couldn't be easier.

Applesauce, fruit cups, and canned fruit

These have a long shelf life and are low-cost, easy, and healthy if canned in juice or light syrup. One example of unsweetened applesauce is Mott's Unsweetened Apple. Dole and Del Monte offer a variety of single-serve fruit bowls.

Dried fruit

Try raisins, apricots, apples, mango, pineapple, papaya, and others with little or no added sugars.

Frozen fruit

Try freezing grapes or buy frozen blueberries, strawberries, peaches, and mangoes.

Veggies and dip

Fill small containers with an array of vegetables, or arrange them in the shape of a rainbow if you're in class during serving time. A fun presentation wins kids over, and offering multiple choices increases the likelihood that each student will find something to enjoy for snack time. For a packaged dip option, [Daiya Homestyle Ranch Dairy-Free Dressing](#) is free of tree nuts, dairy, soy, and all other allergen ingredients.

Rice cakes

Everyone loves a crispy snack, whether savory or sweet. Look for rice cakes made from brown (whole grain) rice. They come in many flavors, and can be served with or without toppings. (A bit of sunflower seed butter and some banana slices are a big hit in most classrooms.)

Popcorn

Look for bagged pre-popped popcorn (like Boomchickapop Sea Salt or SkinnyPop) or air pop the popcorn and season it, e.g., by spraying it with vegetable oil spray and adding garlic powder or other non-salt spices. SkinnyPop Mini Popcorn Cakes are Big Nine-free (there's even a dairy-free [Sharp Cheddar](#) flavor) and the [Cinnamon & Sugar](#) flavor has more fiber (4g) than added sugars (3g)—all without major allergens, and available in most grocery stores.