

Safe Snacks

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Safe snacks are easier than ever to obtain. For instance, Frito-Lay's website has a huge list of their gluten-free products.

It's up to each one of us to decide, but it's not necessary to purchase potato chips that are specifically marked "Gluten-free." Read the label to determine if the product contains wheat, barley, rye (or oats), if it doesn't it, it should be safe for us to eat because of the stringent industry cleaning standards that are used on the manufacturing equipment. But be aware that manufacturers change formulas all the time, so we must read every label every time.

We did "Show and Tell" around the room and the following were mentioned as favorite snacks:

Peeps candy, Hanover GF pretzels (can be obtained at Whole Foods), Craisins 100 calorie packs, Tootsie Rolls, Glutino candy bars which are similar to Kit-Kat bars, rice cakes (make sure to read the label because some rice cakes are not gluten-free), Ian's cinnamon cookies, Glutino sandwich cookies, hummus and GF veggie chips, potato chips, corn chips with salsa, chocolate chip cookies made into ice-cream sandwiches, Glutino organic wild berry bars, Glutino chocolate and peanut bars, Snikiddy cheese balls, Old Wisconsin beef and turkey sticks, Kinnikinnick and Mi-Del animal crackers, string cheese, 8-ounce cans of tomato juice, fresh fruit, coconut milk ice-cream which is dairy free, cooked white rice with soy sauce or with milk and sugar made into rice-pudding, Think Thin chocolate bars which contain 20 gram of protein, Lara bars, Bakery on Main granola snacks, Cupcake Pebbles cereal, Chex mix seasoning packets combined with GF Chex, GF pretzels and nuts.

Snacks served at the meeting were: Glutino pretzels dipped in Nutella spread, Tootsie Rolls, Glutino candy bars, Think Thin chocolate bars, Wisconsin beef sticks, Snikiddy Corn Puffs and Potato Sticks.

Snikiddy foods sent 2 large boxes of corn puffs and potato sticks which we sampled. Thank you, Snikiddy! Their website is Snikiddy.com and their phone number is 866-892-5365.