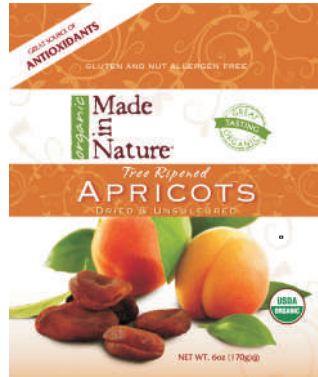


Safe Snacks

We're serving up a few tried, tested and overwhelmingly approved (by us) safe and healthy eats. As food allergies appear to be increasing, it's great how many of us are willing to keep social and school activities safe. Happy shopping and snacking!

Please keep two things in mind when shopping for safe foods.
1. READ THE LABEL EVERY TIME (manufacturing changes do occur)
2. Products that "may contain traces OF..." are not safe



◀ Dried Fruit

Nut Free
Gluten Free
Great tasting organic snack option that's sulfur free
MADE IN NATURE DRIED APRICOTS
\$6.99 at Fiesta Farms



◀ 3 Seed Flatbreads

Nut Free
Soy Free
Egg Free
Made with organic whole grains and whole seeds
DOCTOR KRACKER KLASSIC 3 SEED
\$4.49 at Qi Natural Foods



◀ Lemon Snaps Cookies

Nut Free
Wheat Free
Yeast Free
Egg Free
Dairy Free
Kosher
Halaal
Certified organic snaps are free of additives, preservatives and trans fats
SHASHA CO. LEMON SNAPS COOKIES
\$4.00 at ShaSha Organic Gourmet Food Store



Granola ▶

Nut Free
Dairy Free
Egg Free
Kosher
Vegan
Made with organic ingredients, this crunchy granola is cholesterol and preservative free
NEW MOON KITCHEN'S CRUNCH THIS! GRANOLA
\$5.99 at Planet Organic Market



◀ Organic Cheese Pops

Nut Free
Gluten Free
Wheat free
Kosher
Baked with organic ingredients, and zero trans fats
NEAL BROTHERS ORGANIC CHEESE POPS
\$2.99 at Metro



◀ Gummy Bears

Nut Free
Gluten Free
GMO Free
Made with organic fruit juices and sweeteners and 100% of your daily Vitamin C in each serving
SURF SWEETS GUMMY BEARS
\$3.39 at The Health Shoppe



◀ Mints

Nut Free
Gluten Free
Kosher
GMO Free
Made with organic ingredients, vegan friendly, no artificial flavoring, colouring or sweeteners
VERMINTS AVAILABLE IN 6 FLAVOURS
\$5.99 at The Healthy Butcher



Peppermint Gum ▶

Nut Free
Gluten-Free
Lactose Free
Dairy Free
Wheat Free
Casein Free
Egg Free
Yeast Free
Soy Free
No artificial coloring, flavoring, sweeteners, or preservatives
GLEE GUM AVAILABLE IN SIX DIFFERENT FLAVORS
\$1.25 at Real Canadian Superstore



Lollipops ▶

Nut Free
Gluten Free
No chemical colours, artificial flavours or corn syrup
YUMMY EARTH LOLLIPOPS
\$4.39 for package of 15 at Whole Foods Markets



Ice Cream ▶

Cappuccino is gluten free but not nut free
Nut Free
Gluten Free
GMO Free
Made with organic ingredients and no added colours or salt
MAPLETON'S ORGANIC ICE CREAM
\$6.69 at Whole Foods Markets



Sticks and Twigs ▶

Nut Free
Wheat Free
Gluten Free
Made with organic ingredients and no added oils or fats
MARY'S ORGANIC STICKS AND TWIGS CRACKERS
\$6.59 at The Healthy Butcher



◀ Chocolate Fudge Cake

Nut Free
All Natural
Vegan
Dairy Free
Egg Free
Lactose free
GMO free
Certified Kosher Pareve under COR
Low in saturated fat, no artificial colours, flavours, preservatives or refined sugars, but full of decadence
SWEETS FROM THE EARTH CHOCOLATE FUDGE CAKE
\$13.99 at Pusateri's

