

## ALLERGY SHOTS

# Stow Aways

Hide these new nibbles in backpacks and bags for anytime allergy-friendly snacking.

—Caroline Moassessi and Alisa Fleming

## Tasty Treasures

Kids will love the colorful crunchy gems in Freedom Foods Fruity Rainbow Rocks cereal. Lucky for moms, this pot of gold is also fiber-rich and free of gluten, top allergens, preservatives and artificial ingredients. \$3.99/14.1 oz box; find where to buy at [www.freedomfoodsus.com](http://www.freedomfoodsus.com).



## Problem Solvers

When sustenance and sweets cravings are divided in your hunger equation, That's It Bites may be your answer. A dark chocolate coating is added to apple-based fruit truffles with Mango, Cherry, Apricot, Pear, Banana, Blueberry, Pineapple, Strawberry or Coconut for a solution that equals top allergen-free bliss. \$2.49-2.99/1.83 oz bag at [www.thatsitfruit.com](http://www.thatsitfruit.com).

## Safe Sorcerers

Kids will be enchanted by the magically appearing bubblegum middles in Glee Gum Pops. These all-natural suckers are free of top allergens, artificial ingredients and preservatives, and come in three individually wrapped flavors: Sweet Strawberry, Crisp Green Apple and Juicy Orange (seasonal Halloween packages available). \$4.55/10-pack at [www.gleegum.com](http://www.gleegum.com).



## Gym Junk-Frees

Let Wilde Bars do the heavy lifting when you need fast fuel that won't let you down. These slow-roasted, meat-based snacks are packed with lean protein, but free of added hormones, antibiotics, and top allergens. New varieties include Turkey Cranberry and Sweet Thai-Style Basil Chicken. \$2.49/1.06 oz bar; visit [www.wildesnacks.com](http://www.wildesnacks.com) for a store locator.

## Healthy Hipsters

Fashioned into bite-sized balls, Made Good Granola Minis offer a trendy take on a tasteful tradition. For fresh appeal, this top allergen-free snack boasts a base of vegetable powders, fruit purees and gluten-free oats in flavors that include: Strawberry, Apple Cinnamon, Chocolate Banana and Mixed Berry. \$3.99/3.4 oz box (4 pouches) at [www.madegoodfoods.com](http://www.madegoodfoods.com).



## Little Monsters

They may contain big Bavarian flavor, but there's nothing scary about Pretzilla Premium Soft Pretzel Bites. These tender pieces of wheat-based bread are free of dairy, egg, nuts and sesame, but are substantial enough to chase away hunger. \$3/4 oz package at [www.pretzilla.com](http://www.pretzilla.com).