

PEANUT FREE/NUT FREE SNACK LIST

Please avoid snacks that contain peanuts, peanut flour, peanut oil, peanut butter, or other nuts. This includes snacks with hazelnuts, almonds, coconuts, filberts, Brazil nuts, cashews, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. (Tree nuts) Also avoid foods that contain green peas, pea flour, garbanzo beans, and chick peas. These are also major allergens.

ANYTHING with the **peanut/tree nut free symbol** or words that say **peanut/tree nut free** are safe. (They cannot make that claim on the label unless they are safe.) Keep in mind that the label must say **BOTH** peanut and tree nut free in order to be safe for school/church.

Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker and Quaker Oats brands are fairly good at calling out allergens in a box:

Example: CONTAINS PEANUT AND EGG INGREDIENTS

Thank you for your consideration and support in keeping the food-allergic child safe from having a life-threatening allergic reaction at school and church!

Please note: **Food labels/ingredients may change** over time, so it is always recommended that you **always read the label before purchasing snacks**. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts".

I. HEALTHY SNACKS

A. FRUIT/VEGETABLES

- * Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementine's, strawberries, melons, berries, etc.)
- * Sun-Maid Natural Raisins and Zante Currants from the Kingsburg plant
- * Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

B. CHEESE/DAIRY

- * Kraft String cheese
- **Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts.

Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts".

C. CRACKERS/SNACK ITEMS

- * Utz pretzels, chips, cheese puffs, and other items with peanut tree nut free label (All of our cottonseed oil fried potato chips, All *Kettle Classic* Chips, Grandma Utz Kettle Potato Chips, All tortilla and corn chips both unflavored and flavored, All of our popcorn products, All of our baked cheese curls, fried cheese curls, baked cheese balls, All of our pretzel products)
- * SkinnyPop food items (popcorn and corn cakes)
- * Triscuits & Wheat Thins
- * Ritz crackers (NOT Ritz bits or sandwiches!!!)
- * Town House, Club, Toasteds
- * Cheez-Its, Cheese Nips, Better Cheddars
- * Zesta Saltines, Oyster crackers
- * Goldfish crackers and Goldfish Pretzels
- * Scooby-Doo Graham Sticks
- * Nabisco Honey-Maid Graham Crackers
- * Teddy Grahams or Teddy Graham character brand
- * Don't Go Nuts Snack Bars (granola like bars)

<https://dontgonuts.com/our-nut-free-foods/>

D. Cereal

- * Cheerios (Original only - NOT Honey Nut or Frosted)
- * Chex (Rice, Corn, Wheat)
- * Cinnamon Toast Crunch
- * Golden Grahams
- * Corn Flakes
- * Crispix
- * Frosted Mini-Wheats
- * Kix
- * Life (Not Vanilla Yogurt Crunch)
- * Wheaties

E. Creamy Butters

- * Sunbutter
- * Wowbutter
- * Biscoff Cookie Butter
- * Don't Go Nuts Nut Free Spreads

<https://dontgonuts.com/our-nut-free-foods/>

Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts".

II. SPECIAL TREATS

A. Cookies and Other Treats

- *Hostess Brand Items with the Peanut/Treenut free label
- *Kellogg's brand Rice Krispie Treats (original)
- *Lofthouse Brand Cookies **with** the Peanut/Treenut free label
- *Oreos – Double Stuff only

B. Candy

Airheads	Pez
Andes Mints –All varieties	Push Pop
Dum Dum Pops	Red Vines
Frooties	Razzles
Good & Plenty	Rolo
Hershey Milk Chocolate Bar – Original regular size only (no other sizes are safe)	Skittles –All varieties
Hershey Kisses – Original in regular size only (NOT king size, holiday, or small packages)	Smarties
Kraft Caramels	Sour Patch Kids
Lifesavers Hard Candies	Sour Punch Straws –Apple, Strawberry
Lifesavers Gummies	Starburst Fruit Chews –All varieties
Lifesavers Gummies Collisions	Starburst GummiBursts –All varieties
Milk Duds	Starburst JellyBeans –All varieties
Jolly Rancher Hard Candy	Tootsie pops and Tootsie Rolls (anything made by tootsie company)
Jolly Rancher Doubles	Twizzlers –All wrapped varieties
	Whoppers –Original Only
	Zours

C. CHIPS

- * Anything from Lays Company (Cheetos, Doritos, Fritos, Potato Chips, etc)
- * Pringles (original)
- * Sun Chips
- * Tostitos
- *Dakota Style Kettle Chips

D. Seeds

- *Dakota Style Sunflower Seeds

Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read “May contain traces of peanuts/nuts”.