

Peanut & Tree Nut-Free Snacks

(list of safe snacks and manufacturers at bottom)

Please note that the items that are on this list are current as of Feb 1, 2009. However, labeling can change without notice. So, for the safety of the children with Peanut and Tree Nut Allergies – please take the extra time to read the labels. Below is some helpful information that will help you choose the products that are safe!

Read the Product Label – Every Time: A product's ingredient list might have been free of a specific allergen the last time you bought it, but manufacturers can change ingredients without warning.

May Contain: This "May contain" labels are also not considered safe for those with allergies. These labels are for what's called unintentional "cross-contamination" of a food product. That is, a chocolate bar may not be made with peanuts, but it may have been contaminated with a trace amount of peanut because it was produced on the same manufacturing line as a peanut candy bar.

Generally, anything from a store bakery, doughnut shop, etc., may contain nuts so please avoid these items.

BRANDS AND COMPANIES THAT ARE UNSAFE INCLUDE:

STAUFFER'S

SNYDER'S

MARS

DUNKIN DONUTS

BASKIN ROBINS, MAGGIE MOOS (*ANY ICE CREAM PARLOR*)

ANY FOOD STORE / MARKET BAKERY

Helpful tips...

Holiday Candy is a wonderful idea, but can be very unsafe to Peanut/Nut Allergy Children – such as Candy Corn, Jelly Beans, M&Ms, etc.

SAFE FOOD ITEMS:

Frito Lay Brand

Doritos

Ruffles

Rold Gold Pretzels

Cheetos

Lays Classic, Wavy &
Original chips

Braided Twists

Puffs & Twisted Fritos

Tostitos

Regular Potato chips

Regular popcorn

Nabisco Brand

Teddy Grahams (all
flavors)

Oatmeal Cookies plain &
iced

100 Calorie Packs – Chips
Ahoy, Oreo Thin Crisps,
Wheat Thins, Cheese Nips

Wheat Thins

Ginger Snaps

Oreo Cookies – Original,
Double Stuff, Cool Mint
Oreo Cookies, Choc. Crème

Honey Maid Graham
Crackers/sticks

Sugar wafers

Triskets

Social Tea

Oreo Cookies – Uh-Oh -
Double Stuff – Original,
Chocolate Crème

Barnum's Animal Crackers

Nabisco Ritz Crackers –
Dinosaurs

Mini Chips Ahoy

Cheese Nips

Nabisco Ritz Sticks –
Original

Chips Ahoy Chocolate Chip
Cookies – Original,
Chocolate Chunk (not
white
chocolate)

Fig Newton's (all Flavors)

Wheat Thins Toasted
Chips – Original,
Multigrain, veggie,
cheddar

Sociables

Nilla Wafers

Premium Saltine

Pepperidge Farms- Goldfish- Cheddar, Original, Parmesan, Pretzel and Pizza

Keebler Brand

Wheat & Cheddar
Sandwich Crackers

Club & Cheddar Sandwich
Crackers

Club Crackers – Original,
Multigrain, Reduced Fat,
Original

Club Cracker Snack Sticks
– Honey Wheat, Butter
Herb

Wheatables

Grahams

Club Crackers

Town House

Kellogg's Brand

Pop Tarts

Mini Wheats Cereal

Fruit Snacks – Hello Kitty,
Pooh, Nemo, Toy Story,
Monsters Inc., Sponge Bob,

Nutri-Grain Cereal Bars
Raisin Bran

Backyardigans, Superman,
Princesses

Rice Krispie Treats
(ORIGINAL ONLY)

Kraft- String-ums Cheese

Sorrento- Shapesters and Stringsters

Thomas Brand- Bagels, English Muffins, Pita
Bread

Sunkist- Fruit snacks

Delmonte& Dole- Mixed fruit, fruit bowls

Sunsweet Apricots

Sunmaid Raisins, Apricots

Dole Raisins

Motts & Musselmann Applesauce

Hunts Snack Pack Pudding & Gels

Kraft Handi Snacks Pudding

Kool Aid Gels

Jell-O Gelatin Snacks, Pudding Snack &
Smoothie Snacks

Kraft Marshmallows

Twizzlers Twists, Bites Pull n Peel

Starburst & Skittles

Sour Patch Kids

Sunshine Cheez-it Crackers