

Peanut & Tree Nut-Free Safe Snacks

As parents and members of the school community, we try to be very cautious when giving a list of “safe packaged food”. This is because ingredient lists change, sometimes often, and there is currently new legislation to attempt to ensure that manufacturers place all of their ingredients on packaging but this is not always reliable nor have all manufacturers complied. *As a rule of thumb there are almost no brands that are safe across the whole brand.* Some manufacturers do a great job and actually make products that have nuts, in a completely separate facility to ensure safety. The best example of this is that Cheerios are made in a different facility than the Honey Nut Cheerios. However some manufacturers do not use a different facility and therefore the label may read “**made in a facility that also processes nuts**”. If we find this on a label, we **do not use that food product**. When in doubt, call the manufacturer .

Most large food manufacturers like those listed below are aware of people that have food allergies and do a good job labeling their products. Unfortunately then, we tend not to use homemade or locally produced foods where they might not label to the extent that we need.

We have put together a list that is only as current as today’s date. **We cannot stress enough the importance of label reading every time you purchase and pack. All snacks that contain peanuts and/or tree nuts and their derivatives are unsafe.** In addition to those snacks, any products with labels stating “**may contain traces of peanuts or tree nuts**” or “**processed in a plant that process peanuts or tree nuts**” are considered unsafe.

Frito Lay Brand

Doritos
Puffs & Twisted Fritos
Lays Classic, Wavy & Original chips
Rod Gold Pretzels
Baked Lays

Cheetos
Ruffles
Tostitos
Braided Twists
Baked Doritos

Wise Brand

Natural Potato Chips
Cheese Doodles

Popcorn

Herr’s Brand

Thins Pretzels
Circles
Bite size dippers
Regular popcorn

Specials Pretzels
Tortilla Chips
Cheese Popcorn
Regular Potato chips

Miscellaneous Chips, Pretzels & Popcorn

Smart Brand white cheddar popcorn
Tom Sturgis Brand Pretzels
Sunchips
Pringles Potato chips
Stacey’s Pita chips

Pepperidge Farms

Goldfish- Cheddar, Original, Parmesan, Pretzel and Pizza

Nabisco Brand

Teddy Grahams (all flavors)
Honey Maid Graham Crackers/sticks
Barnum's Animal Crackers
Fig Newton's (all Flavors)
Nilla Wafers
Oatmeal Cookies plain & iced
Oreo Cookies
Social Tea

Wheat Thins
Triskets
Cheese Nips
Sociables
Premium Saltine

Sugar wafers
Cameo

Keebler Brand

Wheatables
Club Crackers

Grahams
Town House

Sunshine

Cheez-it Crackers Regular flavor

Kellogg's Brand

Go Tarts
Pop Tarts
Nutri-Grain Cereal Bars
Rice Krispie Treats (ORIGINAL ONLY)
Frosted Flakes

Yogurt Bars
Mini Wheats Cereal
Raisin Bran
Rice Krispies Cereal

General Mills Brand Cheerios (ORIGINAL FLAVOR ONLY), Rice Chex, Wheat Chex

Quaker Brand Life Cereal

Kraft String-ums Cheese

Sorrento Shapesters and Stringsters

Yogurt **Bryers, Dannon, Yoplait, La Yogurt, Silk, Penn Maid**

Thomas Brand

Bagels, English Muffins, Pita Bread

Tootsie Roll Industries

Tootsie rolls
Dots
Chareston Chew
Junior Caramels

tootsie pops
Blow Pops
Junior Mints
Cella's

Sunkist Fruit snacks

Sunsweet Apricots

Dole Raisins

Hunts Snack Pack Pudding & Gels

Kool Aid Gels

Jell-O Gelatin Snacks, Pudding Snack & Smoothie Snacks

Kraft Marshmallows

Starburst Fruit Chews, Jellybeans, Fruit Chew Pops

Sour Patch Kid

Delmonte& Dole Mixed fruit, fruit bowls

Sunmaid Raisins, Apricots

Motts & Musselmann Applesauce

Kraft Handi Snacks Pudding

Kozy Shack Puddings

Original Swedish Fish

Twizzlers Twists, Bites Pull n Peel

Skittles

Trail mixes and Granola Are Not Safe