

Peanut and Tree Nut-Free Safe Snacks

August 2014

We want to be very clear and cautious about giving a list of “safe packaged food.” This is because ingredient lists change, sometimes often, and even though there is legislation that attempts to ensure that manufacturers place all of their ingredients on packaging, 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 Honey Nut Cheerios. However some manufacturers do not use a different facility and therefore the label many read “**made in a facility that processes nuts.**”

Most large food manufacturers like those listed below are aware that people have food allergies and do a good job labeling their products. Unfortunately there are no such labels for homemade or locally produced products.

It is so important to read labels every time you purchase items. **All snacks that contain peanuts 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 processes peanut or tree nuts**” are considered unsafe. The following foods, as of this date, are thought to be safe:

Frito Lay Brand

Doritos	Cheetos
Puffs & Twisted Fritos	Ruffles
Lays Classic, Wavy & Original chips	Tostitos
Rold Gold Pretzels	Braided Twists
Baked Lays	Baked Doritos
White Corn Chips	Fritos

Quaker

Life Cereal

Pepperidge Farm

Goldfish – Cheddar, Original, Parmesan, Pretzel, and Pizza

Kraft

String-ums Cheese
Marshmallows
HandiSnacks Pudding
Lifesaver Gummies
Caramels

Pringles

All chips

Sorrento

Shapesters and Stringsters

Stacey's

Pita Chips

Thomas

Bagels, English muffins, Pita Bread

Nabisco

Teddy Grahams (all flavors)	Wheat Thins
Honey Maid Graham Crackers/sticks	Triscuits
Barnum's Animal Crackers	Cheese Nips
Fig Newton's (all flavors)	Sociables
Nilla Wafers	Premium Saltines
Oatmeal Cookies plain & iced	Sugar Wafers
Oreo Cookies	Cameo cookies
Ritz crackers – Original	Social Tea
Premium saltines	

Yogurt Brands

**Bryers, Dannon Yoplait, LaYogurt
Silk, Penn Maid**

Keebler Brand

Wheatables
Club Crackers

Grahams
Town House crackers

Tootsie Roll Industries

Tootsie Rolls
Dots
Charleston Chew
Junior Caramels

Tootsie Pops
Blow Pops
Junior Mints
Cella's

Sunshine

Cheez-it Crackers Regular flavor
Hi-Ho Crackers

Sunkist

Fruit Snacks

Kellogg's

Go Tarts
Pop Tarts
Nutri Grain Cereal Bars
Rice Krispie Treat (original only)
Frosted Flakes

Yogurt Bars
Mini Wheats Cereal
Raisin Bran
Rice Krispies Cereal
Fruit Snacks

Sunsweet

Apricots

Athenos

Pita Chips (whole wheat, original, garlic & herb)

General Mills

Cheerios (ORIGINAL FLAVOR ONLY)
Rice Chex, Wheat Chex

Dole/Delmonte

Raisins
Apricots

Hunts

Snack Pack Pudding & Gels

Kool Aid

Gels

Jell-O

Gelatin Snacks
Pudding Snacks
Smoothie Snacks

Starburst

Fruit Chews
Jellybeans
Fruit Chew Pops

Sour Patch Kid**Skittles****Twizzlers**

Twists, Bites, Pull n Peel

Sunmaid

Raisins, Apricots

Motts & Musselmann

Applesauce
Motts Medleys Fruit Snacks

Kozy

Snack Puddings

Kashi

Cereal Bars
Kashi crackers

Nutri-Grain

Cereal Bars

Special K

Cereal Bars

Sunkist

Cereal Bars

Chips Ahoy

Regular cookies
Chewy
Candy blast

Pillsbury Brownie Mix

Welch's

Fruit snacks

Yoplait

Go-Gurt

Betty Crocker

Fruit Roll-ups
Fruit Snacks
Fruit by the Foot
Fruit Gushers

Hostess

Twinkies, Suzy-q's, Chocolate Cupcakes, Ho-Ho's, Ding-Dongs

Other:

Most yogurts are safe.
Cheese sticks are all safe.
Jello
All fruit and raw vegetables are safe.
Dried fruits

Oreo's

Regular
Double stuff
Chocolate cream

Betty Crocker Brownie Mix

New York Style

Bagels chips (plain, garlic, cinnamon,
everything, sesame, sea salt)

Old Dutch

Puff Corn
Pretzels (tiny twists, sticks, rods)

Hershey's

Milk Duds, Whoppers,
Peppermint Patties
Rolos (not Rolo mini)
Kisses (milk chocolate variety only)
Classic Caramels
Kissables

Please be aware that ingredients lists may change, as may the site of manufacture. It is so important to read labels every time you purchase items. It is difficult to maintain a list of "safe, packaged food," so this list may change without warning. The best practice is to read labels every time you purchase items. **All snacks that contain peanuts or tree nuts and their derivatives are unsafe. This includes items produced in the same factory as peanut products.**