

# **NUT-FREE SAFE SNACK LIST**

We understand that this list is not all-inclusive and there are many other safe options out there. Even if it is on this list, the label needs to be checked each time the product is purchased due to changes in manufacturing. It is important not only to check for peanuts or nuts of any kind, but also the manufacturing process. If an item says that it “may contain traces of peanuts/tree nuts” or “manufactured in a facility that also processes peanuts or tree nuts,” we have to assume that these products are not safe.

## **BAKED GOODS**

Generally not safe if made if made in a bakery or grocery store due to cross contamination. Never bring anything homemade please! Pre-packaged tend to be safer due to labeling laws.

- Bagels (Lender’s, Thomas, Pepperidge Farms)
- Bread (Sara Lee, Pepperidge Farm, Wonder, Sunbeam, Home Pride, Nickels [if fresh thru code starts with L or N], and Schwebels)
- Ho-Ho’s (Hostess)
- Rice Krispie Treats (Kellogs Plain Only)
- Twinkies (Hostess)

## **BAKED GOODS DECORATING PRODUCTS**

- Decorating Icing or Spray (Betty Crocker)
- Chocolate Chips (only Hershey brand is safe)
- Cocoa (Hershey)
- Icing (Betty Crocker, Pillsbury)
- Sprinkles (Betty Crocker)

## **CANDY**

Most chocolate items are not safe because they are made alongside peanuts/tree nuts. Also, items from bulk bins are never safe due to cross-contamination.

- Amazing Gummy Bears (Hershey)
- Andes Mints (Tootsie Roll)
- Blow Pops (Charms)
- Bottle Caps (Wonka)
- Dots (Tootsie Roll)
- Dum-Dum Lollipops (Spangler)- NO gum pops or chewy pops by Dum-Dum

- Fun Dip (Wonka)
- Good and Plenty (Hershey)
- Hershey Milk Chocolate Candy bar (Hershey)- Plain only 1.55 oz
- Jelly Beans (Jolly Rancher, Lifesaver, Smucker's, Starburst, Gimbal's)
- Junior Mints (Tootsie Roll)
- Kissables (Hershey)
- Kisses (Hershey) –Plain milk chocolate only
- Laffy Taffy (Wonka)
- Lifesaver Chews (Kraft)
- Milk Duds (Hershey)
- Mix-Ups (Wonka)
- Nerds (Wonka)
- Peeps Marshmallow Treats (Peeps)
- PEZ
- Pixie Stix (Wonka)
- Smarties (all varieties ok)
- Starburst (Mars)
- Starburst Lollipops (Mars)
- Sugar Babies (Tootsie Roll)
- Sweet-Tarts (Wonka) – all varieties ok
- Tootsie Rolls (Tootsie Roll) all sizes and flavors ok
- Tootsie Pops (Tootsie Roll)
- Twizzler's Licorice (Hershey) – all flavors of twists, twerps, pull n peel, Sourz, Bites, Nibs, and Strawz
- Whoppers (Hershey)
- York Peppermint Patty (Hershey)

## **COOKIES**

- 100 Calorie Packs (Nabisco)- Chips Ahoy, Honey Maid Cinnamon Grahams, Oreo Thin Crips, Lorna Doone, Barnum Animal Crackers, Alpha Bits – NOT the Oreo or Chips Ahoy candy bites or the Chewy Granola Bars in any flavor
- Arrowroot Cookies (Nabisco)- regular or chocolate
- Chips Ahoy (Nabisco)- regular chocolate chip, chewy chocolate chip, chunky chocolate chip, and oatmeal chewy
- Barnum's Animal Crackers (Nabisco)-regular and chocolate
- Deluxe Grahams (Keebler)
- Dipping Delights (Keebler)-chocolate and cheesecake
- E.L. Fudge (Keebler)-Original and double stuffed

- Fig Newton's and Fig Newton Mini's (Nabisco) –NOT Newton Fruit Crisps
- Frosted Animal Cookies (Keebler)-NOT iced, just frosted
- Fudge Stripes (Keebler)
- Handi-Snack Packs (Kraft)-Oreo Sticks

## **OTHER**

- Lorna Doone Shortbread Cookies (Nabisco)
- Oreos (original)
- Vanilla Wafers (Nabisco)
- Pepperidge Farm Cookies-Milano, Chessman, Shortbread, Sugar
- Rite Bites (Keebler)-Mini Fudge Stripes
- Goldfish –all flavors
- Teddy Grahams (Nabisco) –Cinnamon, Chocolate Chips, Honey
- Sun Chips (Frito Lay)
- Pretzels (Giant Eagle brand)
- Cheez-its (Nabisco)
- Graham Crackers (Nabisco)-Cinnamon and Honey
- Grapes (cut in half)
- Fruit Cups (pre-made, store bought)
- Baby Carrots
- Cube Cheese
- Strong Cheese
- Pudding or Jell-O (Pre-made, store bought)
- 100% Fruit Juice