

Updated 9/4/2009

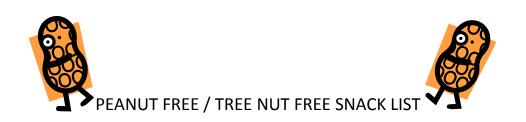
The following foods are considered "safe" for the classroom as of this date. However, manufacturers often change ingredients; therefore, you must READ THE LABEL AT THE TIME OF PURCHASE and do not bring a food into the class if the ingredients list: peanuts, peanut flour, peanut oil, peanut butter or any other nut. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts, pistachios, walnuts, and others.

The importance of reading the ingredient label each time cannot be underestimated. Foods are NOT safe if the label has statements such as "May contain traces of peanut/tree nut...", or "Made on equipment used in manufacturing or processing nut products...", or "Made in a facility that manufactures or processes nuts..."

Kellogg's, Keebler, General Mills, Betty Crocker, and Quaker Oats brands are generally good at calling out allergens on the label.

Example: CONTAINS PEANUT AND TREE NUT INGREDIENTS

I hope this list is helpful to you as you plan for your school year. Please be mindful of the student allergies other than peanut/tree nut. Since this list is specific for peanut/tree nut allergy, some of the items listed will still not be safe for other allergies such as milk, soy, sesame or fruit. READ ALL LABELS!!!



### **FRUITS/VEGETABLES**

- Fresh fruit (apples, oranges, bananas, grapes, pears, plums, Clementine, strawberry, melons, berries, etc.)
- Motts Applesauce cups and assorted variety fruit flavored applesauce
- Raisins, Craisins and Sunmaid Yogurt Raisins
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

### **CHEESE/DAIRY**

- Yogurt in small cups or tubes by Yoplait
- Pudding cups by Kozy Shack
- String cheese
- Kraft Handi-Snacks with cheese (with red sticks) \*\* other brands of prepackaged cheese & cracker often have traces of nuts

# **CRACKERS/SNACK ITEMS**

- Triscuits, Wheat thins, Vegetable thins (all flavors)
- Ritz Crackers but NOT Ritz bits or sandwiches
- Town House, Club or Toasted crackers
- Cheez-Its, Cheese Nips, Better Cheddars
- Saltines, Oyster Crackers
- Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- Kashi Tasty Little Crackers
- Goldfish Crackers
- Graham Crackers

- Animal Crackers (Barnum, Austin Zoo brands)
- Keebler Bug Bites Crackers
- Vanilla Wafers
- Small bagels (Lenders or Thomas brand) with plain cream cheese
- Popcorn
- Pretzels (most brands ok, but **Snyder's products may have nut warnings**)
- Nutrigrain Cereal bars/yogurt bars (apple, blueberry, strawberry variety)
- Special K bars or snack bites (NOT honey nut variety)
- Fig Newtons (all flavors)
- Cheez-It Party Mix/ Munchie Party Mixes \*\* other brands of Chex type
  party mixes are NOT safe
- Kellogg's Fruit snacks
- Pop Tarts and Pop Tart snack stix
- Yogos/ Yogo Rolls
- Jell-O cups

#### **CEREALS**

- Plain Cheerios
- Chex (Rice, Corn, Wheat in **individual boxes**)
- Corn Flakes Kellogg's
- Crispix
- Kix
- Wheaties
- Life (NOT Vanilla Yogurt Crunch variety)
- Frosted Mini-Wheats
- Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch varieties)



### **CAKES/CUPCAKES**

- Hostess cupcakes
- Hostess Twinkies, Ho Hos, Ding Dongs

#### **COOKIES**

- Kellogg's Rice Krispie Treats (original)
- Oreos (regular, Golden or minis)
- Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge sandwich cookies (original and double stuffed)

#### **DONUTS**

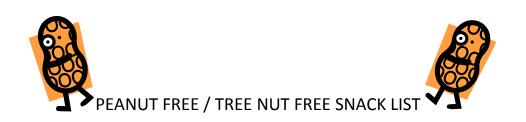
- Hostess brand (powder, frosted)
- Hostess mini muffins (except banana nut variety)

#### **CHIPS**

- Bugles
- Cheetos
- Doritos
- Fritos
- Pringles
- Sun Chips
- Tostitos

# **ICE CREAM/POPSICLES**

- Popsicle brand ice pops
- Whole juice bars



- Breyer's Vanilla Ice Cream
- Icee Squeeze up tubes

#### **CANDY**

- Air Heads
- Blow Pops
- Dum-Dum pops
- Gummy bears/ worms
- Jolly Ranchers
- Life Savers (hard and gummy)
- Mike and Ike's
- Necco brand candy hearts
- Nerds
- Ring Pops
- Rolos
- Skittles
- Smarties
- Spree
- Starburst
- Swedish Fish
- Sweet tarts (regular and chewy)
- Tootsie Rolls
- Tootsie Roll pops
- Twizzlers

