

Nut Free Alternatives

Birthday Snacks:

Why can't I just made my own homemade treats and make them nut free?

Unfortunately your kitchen may be contaminated with allergens if you have allergens such as nuts in your home (even if they aren't being used as an ingredient in baking).

Therefore, we ask that if you need to bring a homemade-type treat into the classroom that you purchase them from the bakeries below.

Zemen's Bakery: (248) 967-3905
25258 Greenfield Rd, Oak Park, MI 48237

Bake Station Southfield - (248) 723-9000
30760 Southfield Rd, Southfield, MI 48076

Nut free birthday treats you can purchase from any store!
Fruit (uncut or cut in classroom with a nut-free knife provided by Burton)

In wrappers so that full ingredient list can be read:
*Disclaimer: Always read ingredient labels before purchasing food for the class. **Food that you provide for ALL the student CANNOT say: may contain traces of nuts and CANNOT say: processed in a facility with nuts.**

Vermont nut free company: chocolate coins/skippers (this brand is found at plum market)
Blow pops/tootsie pops/yummy earth lollipops
Froot by the fruit

Gushers
Fruit snacks-most brands are safe
Skittles
Twizzlers
Popsicles
Jolly ranchers
Tootsie rolls
Oreos-except peanut butter ones
Pepperidge Farms: Milanos, Bordeaux and Chessman
Original Chips Ahoy
Annie's brand oreo style cookies
Teddy Grahams
Graham Crackers
Keebler fudge cookies, stripe cookies

Classroom Snacks
These are the snacks that you provide for ONLY your child. They CANNOT contain traces of nuts, but they CAN say: processed in a facility where nuts are present:

String cheese/cheese sticks
Hard boiled egg
Club crackers
Ritz crackers
Celery and sunbutter
American cheese
Baby Bell round cheeses
Sunchips
Preztel chips
Rold Gold pretzels
Any nut-free cereal
Skinny pop popcorn (or homemade popcorn)
NutriGrain fuit bars
Raisins
Dried fruit (trader Joes had a wide variety)
Pirate Booty
Plentils
Rice cakes
Carrot sticks
Apples/Pears/bananas—any fruit!

Fiber One nut-free flavor bars are safe
Graham Crackers
Teddy Grahams
Yogurt tubes
Hummus and crcakers/veggies

Lunch Ideas:
Must be nut free. Okay to say: made in a facility where nuts are present

Homemade tacos
Sunbutter and Jelly sandwich
Cream cheese and Jelly sandwich
Cheese/lunch meat sandwich
Yogurt
Salad
Cheese and crackers
Cold pasta dish
Pizza
Hummus wrap sandwich