

Peanut & Tree Nut-Free Safe Snacks

(list of safe snacks and manufacturers at bottom)

Please note that the items that are on this list are current as of Feb 1, 2009. However, labeling can change without notice. So, for the safety of the children with Peanut and Tree Nut Allergies – please take the extra time to read the labels. Below is some helpful information that will help you choose the products that are safe!

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**.

Read the Product Label – Every Time: A product's ingredient list might have been free of a specific allergen the last time you bought it, but manufacturers can change ingredients without warning.

May Contain: This "May contain" labels are also not considered safe for those with allergies. These labels are for what's called unintentional "cross-contamination" of a food product. That is, a chocolate bar may not be made with peanuts, but it may have been contaminated with a trace amount of peanut because it was produced on the same manufacturing line as a peanut candy bar.

Generally, anything from a **store bakery, doughnut shop, etc** may contain nuts so please avoid these items.

CANDY THAT IS PACKAGED BY FOOD STORES SUCH AS GIANT/ACME ARE UNSAFE! THEY MUST BE FROM THE ORIGINAL FACTORY BECAUSE OF CROSS CONTAMINATION ISSUES.

If making home-made goodies, Vermont Nut Free chocolate chips, making products are safe as well as **Betty Crocker brand** boxed cake mixes, brownies and canned icing.

Just because a product was safe the last time you purchased it or is listed below as safe doesn't mean the ingredients have stayed the same!

It is very important to read all labels all of the time.

The top eight allergenic foods responsible for greater than 90% of the adverse reactions in people of the U.S. are: milk, eggs, fish (e.g., bass, flounder, cod), crustacean shellfish (e.g., crab, lobster, shrimp), tree nuts (e.g., almonds, walnuts, pecans), peanuts, wheat, and soybeans. Source: FDA website

BRANDS AND COMPANIES THAT ARE UNSAFE INCLUDE:

**STAUFFER'S
SNYDER'S
MARS
DUNKIN DONUTS
BASKIN ROBINS, MAGGIE MOOS (*ANY ICE CREAM PARLOR*)
ANY FOOD STORE / MARKET BAKERY**

Helpful tips...

Holiday Candy is a wonderful idea, but can be very unsafe to Peanut/Nut Allergy Children – such as Candy Corn, Jelly Beans, M&Ms, etc.

SAFE FOOD ITEMS:

Vermont Nut Free has candy that is specially made for everyone to enjoy especially those with Peanut/Nut Allergies. **Vermont Nut Free makes an alternatives to Familiar Brands that are deemed unsafe.** If you would like more information about Holiday candy and peanut/nut free candy or any other nutfree products, please visit <http://www.vermontnutfree.com/>

Frito Lay Brand

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

Herr's Brand

Thins Pretzels
Specials Pretzels
Circles
Tortilla Chips
Bite size dippers
Cheese Popcorn
Regular popcorn
Regular Potato chips

Nabisco Brand

Teddy Grahams (all flavors)

Wheat Thins
Honey Maid Graham Crackers/sticks
Triskets
Barnum's Animal Crackers
Cheese Nips
Fig Newton's (all Flavors)
Sociables
Nilla Wafers
Premium Saltine
Oatmeal Cookies plain & iced
Ginger Snaps
Sugar wafers
Social Tea
Nabisco Ritz Crackers – Dinosaurs
Nabisco Ritz Sticks – Original
Wheat Thins Toasted Chips – Original, Multigrain, veggie, cheddar
100 Calorie Packs – Chips Ahoy, Oreo Thin Crisps, Wheat Thins, Cheese Nips
Oreo Cookies – Original, Double Stuff, Cool Mint Oreo Cookies, Choc. Crème
Oreo Cookies – Uh-Oh - Double Stuff – Original, Chocolate Crème
Mini Chips Ahoy
Chips Ahoy Chocolate Chip Cookies – Original, Chocolate Chunk (**not white chocolate**)

Pepperidge Farms Goldfish- Cheddar, Original, Parmesan, Pretzel and Pizza

Keebler Brand

Wheat & Cheddar Sandwich Crackers
Club & Cheddar Sandwich Crackers
Club Crackers – Original, Multigrain, Reduced Fat, Original
Club Cracker Snack Sticks – Honey Wheat, Butter Herb
Wheatables
Grahams
Club Crackers
Town House

Sunshine Cheez-it Crackers

Kellogg's Brand

Pop Tarts
Mini Wheats Cereal
Nutri-Grain Cereal Bars
Raisin Bran
Rice Krispie Treats (ORIGINAL ONLY)
Rice Krispies Cereal
Frosted Flakes

Fruit Snacks – Hello Kitty, Pooh, Nemo, Toy Story, Monsters Inc., Sponge Bob, Backyardigans, Superman, Princesses

Kraft String-ums Cheese

Sorrento Shapesters and Stringsters

Thomas Brand Bagels, English Muffins, Pita Bread

Sunkist Fruit snacks

Delmonte& Dole Mixed fruit, fruit bowls

Sunsweet Apricots

Sunmaid Raisins, Apricots

Dole Raisins

Motts & Musselmann Applesauce

Hunts Snack Pack Pudding & Gels

Kraft Handi Snacks Pudding

Kool Aid Gels

Kozy Shack Puddings

Jell-O Gelatin Snacks, Pudding Snack & Smoothie Snacks

Original Swedish Fish

Kraft Marshmallows

Twizzlers Twists, Bites Pull n Peel

Starburst

Skittles

Sour Patch Kids

Betty Crocker

Wild Blueberry Muffin Mix

Yellow Cake

Super Moist Vanilla, Yellow Cake, Dark Chocolate Cake, Butter Recipe White Cake

Whipped Vanilla Frosting, Chocolate Frosting, Butter Cream, Cream Cheese, Milk Chocolate

Pillsbury Quick Bread – Apple Cinnamon, Pumpkin

Always Read the Label

The label is the best source in determining what is in the product. If you are allergic or sensitive to certain foods or ingredients, you should always read the ingredient statement and any allergen statements to ensure the product does not contain ingredients of concern to you.

For general information about food allergies, please visit the website of the Food Allergy & Anaphylaxis Network: <http://www.foodallergy.org/>

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