

Peanut/Tree Nut Allergy Awareness

Please avoid all snacks with peanut and tree nuts in the ingredients. Also, please avoid snacks that say may contain peanuts/nuts, or are manufactured on equipment or in a facility that processes peanuts/nuts.

If baking at home please be sure to wipe down counters prior to cooking to avoid cross contamination.

Friendly Foods*

Fresh fruit and vegetables
Cheese cubes/string cheese
Applesauce
Fruit Cups
Kelloggs Nutrigrain Bars
Yogurts (without candy/granola)
Pepperidge Farm goldfish
Sunshine Cheez-its
Most Fruit/Gummy snacks
Nabisco Teddy Grahams
Lays chips
Pringles
Original Club or Ritz crackers
Original Oreos
Original Chips Ahoy
Hunt's Snack Pack Puddings & Jello
Pop Tarts (most fruit varieties)
Pretzels (most brands)
Original Rice Krispy Treats
Kroger and Homemade Brand Ice Cream Party Cups
Candy: Twizzlers, Tootsie Rolls, Lollipops, Nerds, Skittles, Smarties, York Peppermint Patties, Rolos

Avoid

Store Made Bakery Goods
Slice and Bake Cookies**
Granola Bars
Most Chocolate Candy***
Snyder's Pretzels

Avoid:

Foods cooked/containing peanut oil
Foods containing Almond Extract
Foods containing peanut flour

*Due to continual changes in manufacturing and packaging please check ingredient lists

**Some sugar cookies dough does not contain nut/peanut warnings, but several do

***Some Hershey's chocolate candy is produced in a facility that is nut/peanut free

Many Pillsbury and Duncan Hines and some store brand cake mixes, brownie mixes, and icing do not have peanut/nut warnings but some do. Please bring in ingredients lists from the packaging with your homemade snacks. This will help determine if the snack is safe for a child with food allergies.

Thank you for your assistance!