

Peanut & Tree Nut free foods

When choosing peanut/tree-nut free snacks, it is important to ALWAYS check the label. Manufacturers do change their ingredients, so what is safe on this list, may not be safe the next time you buy it!

- Do NOT give a peanut/tree-nut allergic person anything that contains peanuts or nuts of ANY kind.
- Do not give them anything with ingredient alerts for peanuts/nuts. Examples of ingredient alerts are, "May contain peanuts or tree nuts," "Processed on shared equipment with peanuts or tree nuts," or "May contain traces if peanuts or tree nuts."
- Items made in local grocery store bakeries and independent bakeries are NOT safe. (The one exception is nut-free cupcakes made elsewhere and sold at WalMart's bakery, see "Other Sweet Goodies" heading.)

SAFE healthy/fresh snacks:

- Fresh fruit (NO MANGO – may cause reaction in nut-allergy kids who also have ragweed allergies)
- Dole fruit bowls
- Del Monte fruit-to-go cups
- Sun-Maid raisins and craisins
- Oceanspray Craisins
- Fresh veggies
- Most plain raisins (not yogurt or chocolate covered)
- Applesauce cups
- Yogurt cups and tubes (most kinds)
- Cheese

SAFE Candy:

- Skittles (by Mars, Inc.)
- Starbursts (by Mars, Inc.)
- Dots (by Tootsie Roll)
- Tootsie Rolls (short or long, in original brown bag by Tootsie Roll)
- Tootsie Pops (by Tootsie Roll)
- Blow Pops (by Charms)
- Mike & Ikes (by Just Born)
- Twizzlers Licorice (by Hershey)
- Cherry Bites Twizzlers
- Laffy Taffy (by Nestle)
- Swedish Fish
- Dum-Dums (NO MANGO)

- Hershey Kisses (plain, candy cane and hugs) ** triple check packaging!**
- Full-size Hershey bars (NO MINERATURES or SMALL BARS!)
- Sweetarts

SAFE Cereal:

- Kellogg's Corn and Frosted Flakes
- General Mills Kix
- General Mills Chex
- General Mills Cheerios (regular, fruity, triple berry, yogurt, strawberry and apple cinnamon) NOTE: multigrain and honey-nut Cheerios are NOT safe!
- Post Shredded Wheat
- Post Grape Nuts
- Post or Kellogg's Raisin Bran
- Crispex
- Meijer toasted oats cereal (generic Cheerios)

SAFE Chips:

- Frito Lay (baked Cheetos, Doritos, Lay's, Ruffles, Tostitos)
- Better Made
- Sun Chips
- Fritos
- Pringles (plain only)

SAFE Dips:

- Kraft ranch
- T'Marzetti's buttermilk ranch
- Hidden Valley ranch
- Ken's Steakhouse ranch
- T'Marzetti's Veggie Dip ranch
- T'Marzetti's caramel fruit dip
- T'Marzetti's chocolate fruit dip

SAFE Entenmann's products:

- Little Bites (brownies, donut holes, chocolate chip cookies, blueberry muffins)
- Popems donut holes

SAFE Fruit snacks:

- Nabisco
- Betty Crocker
- Kellogs
- Kroger
- Meijer
- Sunkist

- Welch's

SAFE ice cream:

- Kroger ice cream cups (vanilla)
- Kroger ice cream sandwiches
- Breyer's (natural, vanilla, French vanilla, chocolate chip, chocolate, strawberry)
- Edy's (chocolate, vanilla, some others – check label)
- Keebler ice cream cones
- Minute Maid juice bars
- Popsicles
- Jell-O brand pudding pops
- Deans (Neapolitan ice cream sandwiches)
- Welch's fruit juice and whole fruit bars
- Flavor-ice popsicles
- Meijer ice cream sandwiches (mini and regular size)
- Meijer individual vanilla ice cream cups
- Meijer fudgesicles
- Popsicle brand orange, cherry, grape
- Popsicle brand firecracker pops (red, white & blue)
- Fudgsicle the original fudge bars
- Edy's outshine strawberry fruit bars

SAFE Keebler products:

- Vanilla wafers (golden, mini)
- Grahams (original, honey, cinnamon, chocolate)
- Scooby-Doo Grahams
- Elf Grahams
- Fudge-striped shortbread cookies
- Munch'ems
- Snack Stix
- Town House Classic crackers
- Wheatables
- Club crackers (original)
- 5 pack cheese and pretzel dips

SAFE Kellogg's products:

- Rice Krispy Treats (original)
- Cereal and Milk bars (cocoa krispies, froot loops, frosted flakes)
- Pop Tarts
- Nutrigrain Cereal Bars
- Nutrigrain Yogurt Bars (strawberry, vanilla or blueberry)
- Fruit Snacks

SAFE Kraft products:

- 5 pack Handi-Snacks (breadsticks and cheese, mister salty pretzels and cheese, Oreo cookie sticks and cream, cheese and crackers)

SAFE Kroger/Scotts items:

- Kroger Wild animal graham crackers chocolate flavored
- Kroger Value Animal Crackers
- Kroger Pretzel Waffles
- Kroger Grahams (honey, original, cinnamon, chocolate, low-fat)
- Kroger Vanilla Wafers
- Kroger Baked Cheese Bits (original, white cheddar)
- Kroger Country Club (original and multigrain)
- Kroger Saltines (wheat, original)
- Kroger pudding snacks (chocolate, vanilla)
- Kroger pretzels (waffle, sticks, rods, twists, honey wheat)
- Kroger ice cream sandwiches (regular, mini)
- Kroger multigrain snack sticks
- Kroger fruit snacks

SAFE Lenders:

- Bagels

SAFE Meijer items

- Meijer traditional snack mix ***always double check that they have not added nuts!
- Meijer honey grahams
- Meijer animal crackers (these are the ones in the generic looking box - double check because many animal crackers are NOT OK)
- Meijer Applause chips - cheddar
- Meijer reduced fat Applause crackers (look like Ritz crackers)
- Meijer naturals quick oats and old-fashioned oats
- Fruit snacks
- Meijer toasted oats cereal (generic Cheerios)
- Meijer ice cream (chocolate, vanilla)
- Meijer ice cream sandwiches (mini, regular, cookies and cream)

SAFE Nabisco products:

- Cheese Nips
- Air Crisps
- Fig Newtons
- Oreo Cookies (plain/double stuffed - NO Peanut Butter!)
- Teddy Grahams
- Nilla Wafers

- Honey Maid graham crackers (original, chocolate, honey, low-fat, cinnamon sticks, honey sticks, chocolate sticks)
- Triscuits (plain)
- Wheat Thins (original, honey, ranch, reduced fat)
- Premium Saltines
- Better Ceddars
- Chips Ahoy (original)
- Ritz (original, whole wheat, sticks) NO RITZ BITS!
- Fruit snacks

SAFE Pepperidge Farm products:

- Goldfish crackers (original, colors, whole grain, cheddar, pretzel, baby, giant, flavor-blasted, pizza, Parmesan)
- Pre-sliced mini bagels
- Many Pepperidge Farm breads are SAFE

SAFE Puddings and Gelatins:

- Jell-O gelatin and pudding cups
- Kroger brand (chocolate/vanilla)
- Hunts (puddings and pudding tubes)
- Kraft (Handi-Snacks Pudding Cups)

SAFE Rold Gold:

- Pretzels (rods, braided twists, cheddar twists, tiny twists, honey wheat)
- NOTE: All varieties of Rold Gold pretzel waves and Rold Gold Whole Grain Classic Style Tiny Twists are NOT safe

SAFE Sunshine products:

- Cheez-Its (all varieties, including snack mix)

SAFE Syferts

- Mini pretzels

SAFE Thomas products:

- Bagels (mini and regular)

SAFE Utz

- Snack pack of pretzels

SAFE Baking items & mixes: WME does not allow home baked items!

- Betty Crocker Authentic Cornbread and Muffin Mix
- Betty Crocker Super Moist Devil's Food cake mix
- Betty Crocker Fudge Brownie mix

- Betty Crocker Triple Chunk Brownie mix
- Betty Crocker Dark Chocolate Brownie mix
- Betty Crocker Rich & Creamy vanilla or chocolate frosting
- Betty Crocker Whipped milk chocolate frosting
- Bisquick (regular and reduced fat)
- Hershey's semi-sweet and dark chocolate chips
- Meijer semi-sweet chocolate chips
- Pillsbury brownie mixes – most that do not have nuts are OK (Chocolate fudge and chocolate chunk are definitely OK)
- Pillsbury Moist Supreme cake mix – golden butter
- Pillsbury Funfetti white cake mix
- Pillsbury Funfetti frosting (pink vanilla is definitely OK, others are probably OK but check first!)
- Private selection white chocolate chips (sold at Kroger/Scotts – only white chocolate chips OK that I know of)

SAFE Donuts

- Hostess donettes bakery classics – powdered or frosted (chocolate covering with a yellow interior)

SAFE Other sweet goodies

- Hostess 100 calorie packs – chocolate cake with creamy filling
- Lucy's Cookies (sold in the gluten free section of Meijer) -- Lucy's items are peanut, tree nut, milk, egg and gluten free

Walmart sells one brand of nut-free/peanut-free pre-made cupcakes in their bakery. They are only available in the mini cupcake size, but they are clearly labeled as being nut-free with a picture of a nut with a line across it on the ingredient list. The top of the packaging says "The Bakery at Walmart" and both the chocolate and vanilla mini cupcakes with buttercreme icing are safe **as long as they have the no nut icon on the bottom of the package.**

Safe Pizza

- Papa John's (basic crust, basic cheese)
- Marcos (basic crust, basic cheese)
- Pizza Hut (basic crust, basic cheese)
- No stuffed crust

UNSAFE ITEMS TO WATCH FOR:

- M&Ms of any kind
- Wilton sprinkles
- Brach's candies of any kind

Updated 11/13/13

- Bulk candies/products (never OK due to cross contamination concerns)
- Candy corn (many kinds are not OK)
- Jelly beans (many kinds are not OK)
- Candy hearts (many kinds are not OK)