

# Currently Safe (Peanut/Tree Nut Free) Foods Guide

It is important to read every label, every time.



Ingredient lists change, sometimes often, and there is currently new legislation to attempt to ensure that manufacturers place all of their ingredients on packaging but this is not always reliable nor have all manufacturers complied. As a rule of thumb there are almost no brands that are safe across the whole brand. Some manufacturers do a great job and actually make products that have nuts, in a completely separate facility to ensure safety. The best example of this is that Cheerios are made in a different facility than the Honey Nut Cheerios. However some manufacturers do not use a different facility and therefore the label may read “made in a facility that also processes nuts”. If you find this on a label, do not send that food product to school. When in doubt, call the manufacturer.

We cannot stress enough the importance of **label reading every time you purchase and pack**. **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 unsafe**.

## Typically Safe Snacks/Treats:

Fresh Fruits and vegetables

SkinnyPop popcorn (found at Walmart and Sam’s Club)

Frito Lays Brand potato chips, Rold Gold tiny pretzel twists, Cheetos, Doritos, Fritos corn chips (original)

Sweet Alexis Bakery Items (online [www.sweetalexis.com](http://www.sweetalexis.com) and is always safe)

Original Cheerios

Kellogg’s Corn Pops

Sunbutter

LoftHouse cookies with the peanut/treenut free facility labels without candy pieces/sprinkles (usually found at Walmart and LeEVERS)

Willy Wonka Candies: Laffy Taffy, Bottle Caps, Fun Dip, Gobstoppers, Nerds, Pixi Stix, Runts, Shock Tarts, Sweet Tarts

Childs Play Candy– Tootsie Rolls, Dots, Tootsie Pops (anything made by Tootsie should be safe)

Dum Dum lollipops

Smarties

Lifesavers

Skittles

Starbursts (fruit chews, lollipops, and jelly beans)

Junior Mints

Sixlets chocolate coated candies

York Peppermint Patties Twizzlers

Hershey (plain) chocolate bars, personal size only (*not King size, not Minis*)

Hershey (plain) chocolate Kisses (*not King Size, not Holiday/Seasonal Bags*)