Peanut & Tree Nut-Free Safe Snacks

As parents and members of the school community, we try to be very cautious when giving a list of “safe packaged food”. This is because 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 we find this on a label, we do not use that food product. When in doubt, call the manufacturer.

Most large food manufacturers like those listed below are aware of people that have food allergies and do a good job labeling their products. Unfortunately then, we tend not to use homemade or locally produced foods where they might not label to the extent that we need.

We have put together a list that is only as current as today’s date. 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 considered unsafe.

**Frito Lay Brand**

- Doritos
- Puffs & Twisted Fritos
- Lays Classic, Wavy & Original chips
- Rod Gold Pretzels
- Baked Lays

**Wise Brand**

- Natural Potato Chips
- Cheese Doodles

**Herr’s Brand**

- Thins Pretzels
- Circles
- Bite size dippers
- Regular popcorn

**Miscellaneous Chips, Pretzels & Popcorn**

- Smart Brand white cheddar popcorn
- Tom Sturgis Brand Pretzels
- Sunchips
- Pringles Potato chips
- Stacey’s Pita chips

**Pepperidge Farms**

- Goldfish- Cheddar, Original, Parmesan, Pretzel and Pizza
**Nabisco Brand**  
Teddy Grahams (all flavors)  
Honey Maid Graham Crackers/sticks  
Barnum’s Animal Crackers  
Fig Newton’s (all Flavors)  
Nilla Wafers  
Oatmeal Cookies plain & iced  
Oreo Cookies  
Social Tea  

**Keebler Brand**  
Wheatables  
Club Crackers  

**Sunshine**  
Cheez-it Crackers Regular flavor  

**Kellogg’s Brand**  
Go Tarts  
Pop Tarts  
Nutri-Grain Cereal Bars  
Rice Krispie Treats (ORIGINAL ONLY)  
Frosted Flakes  

**General Mills** Brand Cheerios (ORIGINAL FLAVOR ONLY), Rice Chex, Wheat Chex  

**Quaker** Brand Life Cereal  

**Kraft** String-ums Cheese  
**Sorrento** Shapesters and Stringsters  
**Yogurt** Bryers, Dannon, Yoplait, La Yogurt, Silk, Penn Maid  

**Thomas Brand**  
Bagels, English Muffins, Pita Bread  

**Tootsie Roll Industries**  
Tootsie rolls  
Dots  
Chareston Chew  
Junior Caramels  
tootsie pops  
Blow Pops  
Junior Mints  
Cella’s  

**Sunkist** Fruit snacks  
**Sunsweet** Apricots  
**Dole** Raisins  
**Hunts** Snack Pack Pudding & Gels  
**Kool Aid** Gels  
**Jell-O** Gelatin Snacks, Pudding Snack & Smoothie Snacks  
**Kraft** Marshmallows  
**Starburst** Fruit Chews, Jellybeans, Fruit Chew Pops  
**Sour Patch Kid**  

**Delmonte & Dole** Mixed fruit, fruit bowls  
**Sunmaid** Raisins, Apricots  
**Motts & Musselmann** Applesauce  
**Kraft Handi** Snacks Pudding  
**Kozy** Shack Puddings  
**Original Swedish Fish**  
**Twizzlers** Twists, Bites Pull n Peel  
**Skittles**  

---

**Trail mixes and Granola Are Not Safe**