

THIS IS A GUIDE.

THIS IS NOT AN APPROVED LIST.

Peanut-Safe Foods

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".

It cannot be stressed 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 Cheetos
Puffs & Twisted Fritos Ruffles
Lays Classic, Wavy & Original chips Tostitos
Rold Gold Pretzels Braided Twists

Snyders Brand

Veggie Chips Cheddar popcorn
Corn-tillas Thin Pretzels
Olde Tyme Pretzels Nibblers
Snaps Wheat Sticks

Wise Brand

Natural Potato Chips Popcorn
Cheese Doodles

Herr's Brand

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

Miscellaneous Chips, Pretzels & Popcorn

Smart Brand white cheddar popcorn

Tom Sturgis Brand Pretzels

Sunchips

Pringles 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 - NOT the generic
Premium Saltine
Oatmeal Cookies plain & iced Ginger Snaps
Oreo Cookies
Sugar wafers
Social Tea Cameo

Pepperidge Farms

Goldfish- Cheddar, Original, Parmesan, Pretzel

Keebler Brand

Wheatables Grahams
Club Crackers Town House

Sunshine

Cheez-it Crackers Regular flavor

Kellogg's Brand

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

General Mills

Brand Cheerios (ORIGINAL FLAVOR ONLY - NOT HONEY NUT),
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

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 Fruit Chews, Jellybeans, Fruit Chew Pops

Skittles

Sour Patch Kid

Non-packaged and Non-Processed Foods

Fruits and Vegetables

****Trail mixes and Granola Are Not Peanut/Tree Nut Safe****