

## **“Safe Food” list for Peanut/Tree-Nut allergies**

Lundberg Rice Cakes

Sunbutter and Soy Nut Butter

Somersaults; a sunflower seed and whole grain snack available online or at Cost Plus World Market

Enjoy Life brand cookies and “granola” bars: these are available at Whole Foods and the Jewel and are completely allergen free, baked locally and are quite good

Newman’s Pretzels

Rold Gold pretzels

Graham Crackers: Honey Maid and Nabisco have been safe

Cherrybrook Kitchens baking mixes: nut and peanut free mixes available at Whole Foods and the Jewel

Cheese; be sure to read the package because some cheeses are produced or cut into chunks in facilities with nuts

Squeezable applesauce available at Trader Joes and the Jewel

Fruit Leather and Annie’s Fruit Snacks; available at Whole Foods and the Jewel

Kim and Scotts hot pretzels: available at Whole Foods and the Jewel, a local company that is completely nut free

Pasta

Sun Maid Raisins; it is hard to find dried fruit that does not have the potential for cross contamination. Please read these labels carefully

Crackers; be sure to read the ingredient list for possible cross contamination: Ritz crackers, Wheat thins, Stacy’s Pita Chips, Trader Joe’s pita chips

Annie’s Organic Bunny Crackers

Goldfish crackers

Pudding; Kozy Shack is safe and available at Whole Foods and the Jewel

Kellogg’s Nutri-Grain Bars

Cereal: Quaker Oat Squares, plain Cheerios, Cinnamon Cheerios, Multi-Grain Cheerios, some varieties of Life cereal

Cupcakes; the Jewel carries mini cupcakes in the frozen section of the bakery that are produced in a nut free facility

Sugar Cookies; Whole Foods carries a few brands in their bakery called Fancy Pants; their frosted sugar cookies and chocolate chip cookies are baked in a nut free facility

Dove Chocolate; many of their varieties are now safe

Whole Foods 365 cookies; many of their varieties are now produced without risk of cross contamination

(List prepared with help of parent of child with peanut/tree nut allergy)

Note:

The FDA requires that all foods be labeled highlighting the eight most common allergens. It is still important that when purchasing foods you read the entire ingredient list. For example, Quaker crunchy granola bars contained peanut flour; even the honey oat flavor. In addition, most manufacturers will label foods produced in a facility where peanuts, nuts, milk, eggs, etc. are also handled. Since some of these allergens are airborne or can induce a reaction in very tiny amounts it is recommended that highly allergic people do not consume these products. Companies frequently change their product ingredients so be sure to read the label each time you buy it.

Trader Joes, Whole Foods, Pepperidge Farm and most large companies are very good about labeling their products. They typically go above and beyond what the FDA requires and label their products as produced in a facility with other allergens.

It is always helpful to include the packaging and ingredient list so the teachers and assistants can check the product since there are children with different food allergies and sensitivities in class. Prepared foods in a deli case or foods from a bulk section are not recommended as there are allergens close by.