

PEANUT FREE/NUT FREE SNACK LIST

Please avoid snacks that contain peanuts, peanut flour, peanut oil or peanut butter or other nuts. This includes snacks with almonds, coconuts, sunflowers, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. (Tree nuts)

Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker and Quaker Oats brands are excellent at calling out allergens in a box:

Example: CONTAINS PEANUT AND EGG INGREDIENTS

Thank you for your consideration and support in keeping the food-allergic child safe from having a life-threatening allergic reaction at MPK.

A. FRUIT/VEGETABLES

- * Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementine's, strawberries, melons, berries, etc.)
- * Raisins, Craisins and other dried fruits
- * Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

C. CRACKERS/SNACK ITEMS

- * Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- * Ritz crackers/dinosaurs/sticks
- * Ritz (Classic cheddar, Four cheese, Garlic herb)
- * Town House, Club, Toasted
- * Cheez-Its, Cheese Nips, Better Cheddars
- * Saltines, Oyster crackers
- * Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix

- * Kashi Tasty Little Crackers (TLC)
- * Breton brand crackers
- * Goldfish crackers
- * Annie's Bunnies
- * Graham crackers, Graham cracker sticks
- * Teddy Grahams or Teddy Graham character brand
- * Animal crackers (Austin Zoo, Barnum)
- * Vanilla wafers
- * Cereals

Please note: Food labels/ingredients may change over time, SO it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read, "May contain traces of peanuts/nuts".

- * Cheerios (NOT Honey Nut or Frosted)
- * Chex (Rice, Corn, Wheat)
- * Cinnamon Toast Crunch
- * Corn Flakes
- * Crispix
- * Frosted Mini-Wheats
- * Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
- * Kix
- * Life (Not Vanilla Yogurt Crunch)
- * New Nabisco 100 Calorie Packs – Yogurt flavored pretzels
- * Nabisco Toasted Chips Ritz snack mix

- * Wheaties
- * Other unsweetened cereal without nuts
- * Small bagels (Lenders or Thomas brand) (no nut type)
- * Popcorn
- * Pretzels
- * Nutrigrain cereal bars/yogurt bars
- * Special K Bars (NOT Honey Nut)
- * Special K Snack Bites
- * Fig Newtons (all flavors)
- * Rice Cakes (NOT Quaker brand)
- * Quaker Quakes (mini rice cakes)/Mini Delights (all flavors)
- * Potato Soy Crisps
- * Gensoy Soy Crisps
- * Cheez-It Party Mix/Munchie Party Mixes
- **Have not found any other brands of Chex type mixes to be peanut/nut safe

D. **OTHER**

- * Fruit snacks (twists, gushers, roll-ups, etc.) * Pop Tarts
- * Pop Tarts
- * Yogos/Yogos Rolls
 - * Oreos (regular or golden)
 - * Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge Sandwich cookies (original and double stuffed)
 - * Nabisco – Lorna Doone Shortbread
 - * Gripz Chips Ahoy

