

**PEANUT AND TREE NUT FREE**  
**Snack and Lunch Ideas**

*Foods may directly contain peanut or tree nut ingredients or be processed in a factory which utilizes peanut or tree nut products, causing cross contamination. **Please check labels carefully.***

**LIST OF TREE NUTS:** Almonds, Brazil nuts, beer nuts, cashews, chestnuts, filberts or hazelnuts, gianduja, ground nuts, hickory nuts, macadamia nuts, marzipan or almond paste, mixed nuts, mortadella, nougat, nu-nuts artificial nuts, nut butters (i.e. cashew butter, almond butter,) nut oil, nut pastes, pecans, pine nuts, pistachios, walnuts.

**FOODS THAT MAY CONTAIN NUTS:** Some cereals, bagels (from Einstein's or Wolfe's), all M&M products, Twix bars, Milky Ways, Vienna Fingers, E.L Fudge Cookies, Keebler Chips Deluxe Cookies, Mint and Crème Oreó's, Kit Kats, Nestle Crunch Bars, Snickers, Sno-Caps, Raisinets, Baby Ruth, 3 Musketeers, Jelly Beans, Kudos Bars, Quaker Chewy Granola Bars, Cracker Jacks, Honey Nut Cheerio Bars, Peanut butter crackers, candy corn, Reeses Peanut Butter cups, Nutter Butter cookies, Butterfingers, all Dunkin Donut products, most bakery products, Hostess Twinkies and Drakes Cakes (Devil Dogs, Yodels, Ring Dings and Coffee Cake).

**NUT FREE POSSIBILITIES**

*The following foods have been presented as "nut free". **However, please check all labels carefully as we can not guarantee all items are never contaminated.***

**Fresh Fruits** – All fresh fruits (strongly encouraged)

Fruit type item:

- Motts individual applesauce cups
- Individual Jello cups - Kroger brand and Jello Brand
- X-treme Jello cups
- Individual pudding cups - Kroger brand and Jello brand
- Crème savers pudding- Swiss Miss brand
- Motts fruit sensation cups
- Fruit-to-go cups – Delmonte brand and Kroger brand
- Gelatin snacks
- Fruit Roll-ups
- Fruit Gushers
- Graham Cracker Dippers Kraft
- Raisins

**Fresh Vegetables** – All fresh vegetables (strongly encouraged)

**Cookies/Cakes**

- Fig Newtons (original and fruit flavors) – name brand only
- Arrowroot
- Chips Ahoy (chewy, crispy, regular)
- Dunkaroos
- Fudgeos
- Oreos (regular size only)
- Snackwell's cookies
- Teddy Grahams
- Sugar wafers – Kroger brand
- Crème sugar wafers – Dutch Twin brand
- Oatmeal Raisin – Meijer brand
- Waffle crème wafers – Meijer brand
- Animal crackers (original, iced or chocolate) – Stauffers brand and Austin Zoo brand

- Frozen cut-out sugar cookies – Gordon Food Service brand and Pillsbury brand
- Goldfish
- Ritz
- Snackwell's (crackers and potato thins)
- Vanilla frosting – Pillsbury brand
- Betty Crocker and Pillsbury cake mixes are nut free

#### **Candy**

- *Only specific chocolate bars:* Aero, Cramilk (regular, coffee, pokemon, rolls), Cerises, Choclairs, Coconut, Coffee Crisp, Crunchie, Jersey Milk Buds, Mirage, Pep, Rosebuds
- Marshmallows
- Twizzlers licorice
- Nerds
- Smarties
- Skittles (all types)
- Starburst (all types)
- Sweetarts
- Gobstoppers
- Junior Mints

#### **Cheese:**

- String cheese
- American cheese

#### **Snack Bars**

- Kellogg's Nutri Grain Bars
- Rice Krispie Squares

This is a compiled list and by no means, complete. For additional lists or ideas please see the following websites:

[http://www.allergicchild.com/peanut\\_allergy.htm](http://www.allergicchild.com/peanut_allergy.htm)

<http://www.foodallergy.org/allergens/index.html>;

[http://pbskids.org/arthur/parentsteachers/lesson/health/pdf/Binky\\_Peanut\\_Allergy\\_QA.pdf#search=%22peanut%20allergy%22](http://pbskids.org/arthur/parentsteachers/lesson/health/pdf/Binky_Peanut_Allergy_QA.pdf#search=%22peanut%20allergy%22)

<http://www/jci.org/cgi/content/full/111/7/950>