

Peanut Free Safe Snacks

7/25/05

We must be very cautious when giving a “list of safe packaged food”. This is because ingredient lists change, sometimes often, and there is currently no legislation to ensure that manufacturers place all of their ingredients on packaging. *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”.

The list below is only as current as today’s date. We will update the list as we find new safe snacks or eliminate those in question. If you find safe snacks that you would like added to the list, please contact the Health Secretary. Likewise, if you notice that a listed snack has changed its labeling with a peanut allergy warning, again contact the Health Secretary with the brand name product line. **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
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Honey Maid Graham Crackers/sticks
Barnum's Animal Crackers
Fig Newton's (all Flavors)
Nilla Wafers
Oatmeal Cookies plain & iced
Oreo Cookies
Social Tea

Triskets
Cheese Nips
Sociables
Premium Saltine
Ginger Snaps
Sugar wafers
Cameo

Pepperidge Farms

Goldfish- Cheddar, Original, Parmesan, Pretzel and Pizza

Keebler Brand

Wheatables
Club Crackers

Grahams
Town House

Sunshine

Cheez-it Crackers Regular flavor

Kellogg's Brand

Special K Bars
Pop Tarts
Nutri-Grain Cereal Bars
Rice Krispie Treats (ORIGINAL ONLY)
Frosted Flakes

Yogurt Bars
Mini Wheats Cereal
Raisin Bran
Rice Krispies Cereal

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

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

Non-packaged and Non-Processed Foods

Fruits and Vegetables

Trail mixes and Granola Are Not Peanut/Tree Nut Safe