

Things to be aware of:

- Packaging will sometimes state: “many contain peanut traces,” “may contain traces of tree nuts” or “manufactured in a plant that contains peanuts or tree nuts”. **READ ALL LABELS.**
- Tree nuts include: almonds, brazil nuts, cashews chestnuts, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts, sunflower seeds, poppy seeds, sesame seeds.
- Chocolate candy often contains tree nuts because they may be manufactured in a plant that uses peanuts or other nuts (mm’s plain or peanut).

- **Peanut/Tree Nut/Egg Free Snacks**

*Most Pretzels (not Snyder’s Brand)

Soy nut Butter

Graham Crackers

Plain Cheerios

Apple Cinnamon Cheerios

Golden Grahams

Raisins

Pirates Booty

Pudding

Applesauce

Cheese Cubes

Plain Ritz Crackers

String Cheese

Yogurt

Jello

Utz Plain Potato Chips

Hershey’s Chocolate Covered

Pretzel Bites

Philly Swirl Brand: Popsicles and Ice Cups

Rold Gold Original Pretzels- Twists, Rods, and Sticks

Peanut/Tree Nut Free snacks:

Krispy Krème Donuts

Check Entenmanns’s Labels

Betty Crocker Fruit Roll Ups

Betty Crocker Fruit Snacks

Betty Crocker Fruit Gushers

Fresh Fruit

Giant Brand: Ice Cream Dixie Cups, Vanilla
and/or Chocolate

Hershey Kisses (Silver Wrapper Only-Original)

Hershey Kissables

Mott’s Apple Sauce

Mike N’ Ike

Nabisco: Oreos-Original

Nabisco: Oreos-Golden

Nabisco: Chips Ahoy Chocolate Chip Cookies
(No nuts) Blue Package

Nabisco: Chips Ahoy Chunky Cookies

Nabisco: Chips Ahoy Chewy Cookies

Nabisco: Reduced Fat Nilla Wafers

Nabisco: Honey Maid Graham Crackers

Twizzler’s Strawberry Licorice

- **Snacks That Must Be Avoided**

Peanut Butter and any products using peanuts or peanut butter

Any cereal with nuts as an ingredient (ex: Honey Nut Cheerios)

Frosted Cheerios uses almond flour as an ingredient

Potato chips made in peanut oil

M&Ms Plain or Peanut

Any chocolate candy because they may be manufactured in plant that uses peanuts or other nuts.

Ritz bits with peanut butter

Ritz bits with cheese (produced in the same plant as the crackers with peanut butter)

Chex Mix or Chex Morning Mix

Bagels or Muffins with nuts (Banana Nut)

Dunkin Donuts

Granola or Granola Snack Bars

Cookies that obviously have peanuts or nuts in them or that may be manufactured in a plant that produces peanut and tree nut products.

Cracker Jack

Popcorn

Fruit snacks or dried fruits may be packaged in a plant that produces or packages peanut and nut products.

Jelly Belly (Jelly Beans)

Baked Goods from Bakeries