

Austin & Jolley Snack List--Peanut and Tree Nut Free Foods

Even though you have this list, please read the labels carefully before purchase, as manufacturers frequently change ingredients. Federal law tries to make this simple for the consumer, as it mandates nutritional labels on food packages clearly identify whether the food includes any of the eight major allergens(milk/dairy, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soy). Additionally, for tree nuts, crustacean shellfish and fish, the specific type (eg, walnut or cashew, shrimp or lobster, tuna or salmon, etc), must be labeled. However, the law does not require standard warnings for manufacturer may use certain phrases when an allergen is not an intended ingredient, but may come in contact with the food during the manufacturing process. This also creates risk for serious or even life-threatening reactions to allergic people. Therefore, please do not purchase food whose ingredients say, "may contain (allergen)," "processed in a facility with," "manufactured on shared equipment with," and others.

(8.8.13)

| <u>Fresh fruit & vegetables</u> | <u>Graham Crackers</u> | <u>Wheat Thin Type Crackers</u> | <u>Cereal</u> |
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| Raisins and other dried fruits (as long as they are not produced or packaged with nuts) | Country Fare Honey Graham crackers | Nabisco Wheat Thins (Big, reduced fat, original, hint of salt, multigrain) | Trix regular (NOT Walmart brand) |
| Applesauce (for messiness reasons, we prefer the squeezable applesauce) | Scooby Snacks (both cinnamon and honey versions) | Country Fare Wheat Crackers | Cheerios brand only (fruity, apple cinnamon, multi-grain, or regular; NOT safe Honey Nut) |
| Go-Go Squeezes (all varieties) | HyVee brand Graham Crackers (honey, low-fat honey, cinnamon, and chocolate all fine) | <u>Pretzels</u> | Kix (plain) |
| Walmart "Great Value" (all natural, no sugar, strawberry, cinnamon, original flavors, and light/no-sugar variety) | Nabisco Honey Maid Graham Crackers (honey, original, low-fat honey, and cinnamon all fine)(also fine are Little Squares versions of these: cinnamon, honey, or "angry birds" variety) | Rold Gold Plain Tiny Twists, Thins, Fat-Free Twists, and Sticks (any other brands without nuts are ok) | Toasted Rice, Toasted Corn, Toasted Wheat cereals |
| All Motts varieties | Keebler brand Graham Crackers (Graham bites (Spiderman or Sponge Bob shaped), original graham, cinnamon, and honey all fine) | <u>Saltine Type Crackers</u> | Kellogg's Apple Jacks |
| All Musselmans varieties | Teddy Grahams (honey, cinnamon, chocolate chip, chocolate, apple, strawberry banana all fine) | Zesta original | Pepperidge Farm Mini-Bagels (cinnamon, whole wheat, blueberry) |

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| All HyVee (Country Fare) varieties | <u>Townhouse Type Crackers</u> ("Light Buttery Crackers") | Nabisco Premium (sea salt, whole grain, minis) | <u>Foods that are NOT SAFE and cannot be bought to the classroom</u> |
| Any Del Monte Fruit Bursts variety | Keebler Townhouse Crackers (plain/original, wheat, reduced fat all fine) | Premium Soup & Oyster Crackers | Home baked treats of any type |
| Any Dole Fruit Squish'ems variety | <u>Ritz Type Crackers</u> | | Any peanuts or peanut-butter containing item |
| Fruity U Applesauce | Country Fare Snack Crackers | <u>Triscuit Type Crackers</u> | Any tree nuts or tree-nut containing item (as they often cannot sufficiently screen for peanut ingredients) |
| <u>Fruit Snacks</u> (that are fruit, not nuts included) | Nabisco Ritz crackers (Hint of Salt, reduced fat, original, whole wheat all fine) | Triscuits (plain or reduced fat) | Granola bars of any kind |
| Annie's Fruit Snacks | HyVee "Snack Crackers" (store brand of Ritz-like) (wheat, reduced fat, original all fine) | HyVee "Woven Wheat" crackers | Gorp/trail mix |
| Stretch Island All Natural Fruit Strips | Homekist Baked Snack Crackers | <u>Sunchips</u> (original flavor only) | Chocolate (often contains nuts) |
| Any HyVee fruit snack variety (NOT safe: HyVee fruit strips) | <u>Club Type Crackers</u> | <u>Stacy's Pita Chips</u> (in Multi-Grain or Simply Naked only) | Peanut butter filled small cracker sandwiches |
| Any Welches fruit snack variety | Keebler's Club Crackers (original, multi-grain, minis all fine) | <u>Popcorn</u> | |
| Any Kelloggs fruit snack variety | <u>Animal Crackers</u> | Any popcorn that doesn't include nuts | |
| Any Ocean Spray fruit snack variety | Barnum brand Animal Crackers (NO others are safe) | | |
| Any Sunkist fruit snack variety | | | |
| Any Motts Medleys fruit snack variety | | | |