

Possible Peanut Free Food Suggestions

As a parent, where do you look when thinking of sending a peanut free treat to school for a child's birthday treat or holiday party treat? Today, it is very common for your child to be in a classroom with a child who has a severe reaction to peanuts. We as parents of children without allergies are stymied by this search for appropriate foods. We hope that the foods we have listed here will aid you in choosing acceptable foods.

A parent of a child with peanut allergies compiled a list of foods that are usually peanut free. The items in the following list have been known to be peanut free in the past but **YOU MUST ALWAYS READ THE LABEL... THE INGREDIENTS CAN CHANGE AT ANY TIME.** Watch for the phrase "may have been processed on machinery that produced peanut or nut product". That is a food to avoid.

Fruits/Vegetables

Any fresh fruit
Applesauce cups
Fruit cups
Fresh vegetables
Veggie trays

Cookies

Kellogg's Rice Krispie treats (original)
Oreos (regular, Golden, or Minis)
Gripz Chips Ahoy
Honey Maid Graham Crackers
Fig Newtons
Nilla Wafers (Nabisco)
Goldfish Graham Snacks-Honey, Cinnamon, Golden

Crackers/Chips

Bugels
Cheetos
Doritos
Fritos
Pringles
Sun Chips
Tostitos
Rold Gold Pretzels
Town House Classic Crackers
Wheatables- Original, Honey Wheat, Seven Grain
Handi-Snacks & Kroger Brand Cheez 'N Crackers
Teddy Grahams- Honey, Chocolate
Ritz – Original
Wheat Thins – Original, Ranch
Cheese Nips
Cheez-Its
Saltine Crackers
Goldfish – any flavor

Please remember that substitutions and brands that are not listed here are not all "created equal".

You must still read all labels.

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Jello/Pudding

All safe (unless there is a peanut-flavor). Read the label.

Candy

Air Heads
Rolos
Dum Dum Pops
Runts
Hershey Kisses- Milk Chocolate, Extra Creamy
Jolly Ranchers
Skittles
Smarties
Life Savers
Spree
Starburst
Mike & Ikes
Sugar Babies
Milk Duds
Sweet Tarts
Nerds
Tootsie Pops
Tootsie Rolls
Ring Pops
Twizzlers

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Cereal/Bars

Cheerios
Cinnamon Toast Crunch
Kix
Rice Chex
Corn Chex
Wheat Chex
Corn Pops
Crispix
Fruit Loops
Nutri-Grain – Apple, Blueberry, Raspberry *Kroger brand okay, but not necessarily any other brands
Nutri-Grain Twist – Banana & Strawberry, Strawberries & Cream *Kroger brand okay, but not necessarily all other brands
Golden Grahams
Frosted Flakes
Honey Combs

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Please choose carefully,

as if YOUR child's life depended on it.