

Peanut Allergy Safe Foods

This list is a general guide. Please check all packages. Allergy information is listed on most products after the ingredients. Avoid all products that say may contain peanuts/nuts or processed on shared equipment.

Fruit – fresh or canned, with whipped cream or T.Marzetti's Carmel Dip
Applesauce – Mott's, Musselman's, Wilderness, Favorite
Raisins – plain
Vegetables – Ranch dressing ok

Dairy - Cheese cubes, string cheese, Velveeta
Yogurt, Go-gurt, Danimals
Vanilla ice cream – Blue Bunny, Edy's, Breyers
Ice Cream Toppings – Smuckers, Hersey's, no "candybar" types
Popsicles
Ice Cream Sandwich – Blue Bunny

Candy – Starburst, Skittles, LifeSavers, Jolly Ranchers, Dum Dums
Tootsie Rolls, Tootsie Pops
Kraft Marshmallows, Kraft Caramels, Peeps
Twizzlers, Red Vines, Milk Duds, Whoppers, Rolos
Haribo Gummy Bears, Laffy Taffy, Sour Patch Kids
Mike & Ikes, Hot Tamales, Dots, Swedish Fish, Nerds, Pez, Air Heads, Fun Dips
Hershey Kisses (Original, caramel, dark choc, white choc), chocolate chips, Plain Hershey Bars
Smarties & Smarties Conversation Hearts, Mentos
Spangler Candy Canes, Tic Tacs
Andes Mints

Cereal - Capt. Crunch (original), Cheerios, Apple Jacks, Fruit Loops, Rice Krispies, Alpha Bits, Lucky Charms, Fruity Pebbles, Cocoa Pebbles, Chex, Cinnamon Toast Crunch, Golden Grahams, Kix, Mini Wheats/Shredded Wheat

Goldfish – Pepperidge Farms
Lemon bars – Sunkist only
Pudding – prepackaged Swiss Miss, Jello, Kraft, Hunts, Favorite
Fruit Snacks – Kelloggs, Betty Crocker, Welch's, Favorite, Mott's
Hot Cocoa – Swiss Miss, Nestle, Favorite
Pop Corn – Jolly Time, Skinny Pop
Frosting & Sprinklers – Betty Crocker, Cake Mate

Chips & Pretzels

Lay's – plain, BBQ, Sour Cream & Onion, cheddar/sour cream, wavy, au gratin, BUT NO KETTLE CHIPS
Frito Lay – Cheetos, Fritos, Ruffles, Sun Chips, Doritos
Pringles – all
Old Dutch – Potato Chips, pretzels, tortilla, Puff corn, popcorn
Rold Gold – pretzels, any
Quaker Rice cake snacks

Keebler

Graham Crackers, Scooby Doo Graham cracker sticks, Elf graham crackers
Club crackers –originals
Club snack sticks – original, honey wheat
Fudge Shoppe – Fudge Stripes, Deluxe Grahams, Fudge Pop Right Bites
Vienna Fingers
Vanilla Wafers
Townhouse crackers – Original, wheat

Kellogg's

Special K bars – vanilla, strawberry, cranapple
Special K snack bites
Granola Munch'ems – honey oat, brown sugar/cinnamon
Fruit streamers
Rice Krispie Treats- original
Nutrigrain yogurt bars – (No muffin bars)
Pop-tarts
Yogos
Twistables
Fruit snack, streamers, juicers

Nabisco

Graham Crackers, Teddy Grahams – any kinds
Chips Ahoy – **no nuts**
Oreos – **no peanut butter**
Nilla Wafers
Ginger Snaps
Lorna Dunes
Ritz, Ritz bits – cheese, s'mores
Wheat Thins – any
Triscuit
Chicken in a Biskit
Cheese Nips
Newtons

Sunshine

Cheez It – Reg, white cheddar, Reduced fat, Twisterz

Bakery Goods – No homemade baked goods. The only safe/approved bakery is the District's Catering Department. Please call 278-0278 two weeks in advance to place an order. Orders will be delivered to Timber Ridge.

NOT SAFE – DO NOT BRING

Chex Mix

Hostess

Little Debbie

Cereal Bars

Trail Mix

Granola Bar

Caramel Corn

Wafer Cookies (such as Voortman)

Candy Bars (other than specifically listed previously)