**Food Allergies and Prepared Snack Foods**

The following prepared snack foods ***should*** be free of the most common food allergens, however, ***recipes*** ***change***. For example, whole wheat OroWheat bread used to be dairy-free, but now it contains milk. ***Always read the label.***

No **dairy** (milk, cheese, whey, casein, yogurt, etc.)

No **nuts** or **nut** **oils**

No **fish** or **shellfish**

No **eggs**

No **gluten**

No **sesame seeds/sesame oil**

No **sunflower seeds/sunflower oil**

No beans (including soy)

Cape Cod Kettle Cooked Potato Chips – Original - *Potatoes, Canola Oil, Salt*

Yum Earth Organics Fruit Snacks - (Costco) *Brown rice syrup, sugar, pectin, citric acid, juices, ascorbic acid*

Trader Joe's Olive Oil Potato Chips

Trader Joe's Olive Oil Popcorn

Central Market Organics Olive Oil Popcorn

Frito Lay brand Fritos - *corn, corn oil, salt*

Clif Kid Z Fruit Rope - box of 24 ropes (Costco)

Brothers-All-Natural Fruit Clusters (case at Costco)

Bare Fruit Fuji Apple crisps

Dreyer's Outshine frozen fruit bars

Kellogg’s Rice Krispies Gluten Free

Rice Chex Gluten Free

Corn Chex Gluten Free

Kix

Applesauce

Raisins

Starburst

Dots Gumdrops

Dum Dum lollipops

Jelly Belly

**AVOID oils and spices that are manufactured from seeds:**

* **Sunflower seedoil is used in *most* chips and crackers.**
* Spices made from seeds include cumin, nutmeg and mustard.

Pink peppercorn is related to the cashew

**Healthy nut-free food choices**

**Please AVOID food items that contain the following ingredients:**

* Peanuts
* Peanut Butter
* Peanut Oil – may include chocolate, cake/muffin mixes, cereals
* Peanut Flour
* Ground Nuts
* Mixed Nuts
* Beer Nuts
* Nu-nuts flavored nuts

**Healthy Peanut-Free Snack and Lunch Choices:**

* Sun Butter(sunflower) or Soy Nut Butter – tastes like peanut butter
* All Fruit
* Fruit bowls in syrup
* Applesauce
* Fruit Squeezies
* Fruit Roll Ups
* Fruit Breakfast and Granola bars (without nuts)
* Veggies and Ranch Dip
* Celery Sticks and Cream Cheese
* Hard Boiled Eggs
* Egg Salad\Cheese
* Cottage Cheese
* Yogurt
* Gogurt
* Drinkable Yogurt
* Bagel
* Pimento Cheese sandwiches
* Beef or turkey jerky
* Deli Meats
* Tuna/Chicken Salad (Snack kits)
* Chicken Nuggets
* Bagel Bites or lunchable snack size pizza
* Bagel and Cream Cheese
* Goldfish or cheese nips
* Crackers with cheese
* Teddy Grahams
* Graham Crackers
* Wheatables or wheat thins
* Pretzels and chips (check the type of oil)
* Muffins without nuts
* Dried breakfast cereal without nuts