

# **Nut Free Foods (not an all-inclusive list)**

**Nutri-grain brand cereal bars**

**Quaker brand granola bars that clearly state “nut free”**

**Fruit to go bars**

**Fruit source bars**

**Cherrios plain and multigrain (General Mills brand)**

**Chips ahoy/chunks ahoy (Christie’s brand)**

**Quaker oatmeal (instant)**

**Ramen noodle snack (not the boiling water one) (asian section)**

## **Crackers:**

**Pepperidge farm fish crackers**

**Ritz crackers**

**Soda crackers**

**Wheat thins**

**Stoned wheat thins**

**Bretons**

**Wheat crunch**

## **Breads:**

**Old mill**

**Country Harvest**

**Dempster**

**The crackers and bread labels will have to be read each time as they change ingredients.**

**Ice cream products: Chapman ice cream and novelties, this product will clearly display Peanut/Nut free**

**No Name ice cream and novelties**

**Foremost ice cream in the bucket**

## **Cookies :**

**Dare Brand**

**Coconut cream**

**Maple cream**

**Strawberry cream**

**Vanilla cream  
Fudge  
Wagon Wheels  
Lemon**

**Handi snacks cheese and crackers, pretzels and bread sticks**

**Candies: Dare candies, i.e. jelly beans, hard candies**

**Chocolate: Areo, Areo Caramel, Kit Kat, Coffee Crisp, Smarties  
These bars need to be clearly marked as Peanut/Nut Free or read the ingredients carefully. There has been a problem with some of these same products because they are made in an unsafe factory imported from other countries.**

**There are other chocolate bars that are safe in a large bar but not a small bar like Caramilk and Crunchy bars. You will need to read the ingredients.**

**Hope this helps, it's still a lot of checking of ingredients.**