

## SHARED BIRTHDAY OR CLASSROOM TREAT

Possible Safe Foods for students with Peanut Tree Nut Allergies

***READ EVERY LABEL EVERY TIME!***

***FOOD LABELS AND INGREDIENTS MAY CHANGE WITHOUT NOTICE***

The federal **Food Allergen Labeling and Consumer Protection Act (FALCPA)** requires that any packaged food product that contains peanuts as an ingredient must list the word "Peanut" on the label. However, ingredients in foods may change from time to time. A person with peanut or tree nut allergies should not assume food is safe just because it appears on this list. It is important to read every label every time before purchasing and consuming any item. If one is in doubt about any food, don't eat it.

### **FRUITS/VEGETABLES**

Fresh fruit  
Applesauce cups  
Raisins  
Craisins  
Fruit cups  
Fresh vegetables  
Vegetable dips (non-nut)

### **CHEESE/DAIRY**

Cottage cheese  
Drinkable yogurt or smoothies  
Pudding cups  
String cheese/Cheese sticks  
(NOT Sargento)  
Yogurt in individual cups or tubes

### **CRACKERS**

Animal crackers (Austin Zoo, Barnum)  
Bug Bites crackers  
Cheez-Its, Cheese Nips  
Club and Club Sticks  
Life (NOT Vanilla Yogurt Crunch)  
Quaker Oat Squares (original or  
cinnamon)

### **SNACKS**

Angie's Kettle Corn  
Kellogg's Rice Krispie Treats  
NutriGrain Bars  
Old Dutch Popcorn  
Old Dutch Puffcorn  
Pretzels (most brands, but NOT  
Snyder's)  
Small bagels (Lenders or Thomas brand)  
With plain cream cheese

### **SNACKS**

Goldfish crackers  
Graham crackers, Graham cracker sticks  
Ritz crackers/dinosaur ticks (NOT Ritz  
Bits or sandwiches)  
Saltines, Oyster crackers  
Teddy Grahams  
Town House Club  
Triscuits  
Wheat Thins

### **CEREAL**

Cheerios (NOT Honey Nut or Frosted)  
Chex (Rice, Corn, Wheat)  
Cinnamon Toast Crunch  
Cookie Crisp (original)  
Corn Pops  
Crispix  
Frosted Mini-Wheats  
Fruit Loops  
Kix

### **CAKES/CUPCAKES**

Hostess Twinkies, Ho-Hos, Ding-Dongs

### **COOKIES**

Chips Ahoy (original Keebler Fudge  
Stripes, Fudge Grahams, Lorna Doone,  
Nilla Wafers)  
Oreos (regular, Golden or minis)

**CHIPS**

Cheetos  
Doritos  
Fritos  
Lay's potato chips (plain, sour cream and onion)  
Pringles  
Sun Chips  
Tostitos

**OTHER**

Fruit snacks (twists, gushers, roll-ups, etc.)  
Hershey's chocolate chips  
Jet Puff marshmallows (plain)  
Pop Tarts

**CANDY**

Air Heads  
Blow pops  
Dum-Dum suckers (in original red bag)  
Hershey Kisses - Milk Chocolate  
Hershey Kissables  
Hot Tamales

**CANDY**

Jolly Ranchers  
Junior Mints  
Laffy Taffy  
Life Savers (hard and gummy)  
Mike & Ike's  
Milk Duds  
Necco Sweethearts boxes (candy hearts)  
Nerds  
Pixie Sticks  
Ring Pops  
Skittles  
Smarties  
Spree  
Starburst  
Sweet Tarts (regular and chewy)  
Tootsie Rolls (in original Tootsie Roll brown bags only)  
Tootsie Roll Pops (in original Tootsie Roll brown bags only)  
Twizzler Licorice  
Whoppers

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