

Almost all food companies are required to put allergen information on food label. Usually in **Bold Capital Letters** after ingredient list. If says

Contains: Peanuts or traces of peanuts or manufactured in facility that processes peanuts, please do not bring to school

If the food label does not have allergen information, please refer to the list or call the school before bringing to school.

Peanut-Free Candies

- Dum-Dum Lollipops
- Hersheys Kisses (PLAIN)
- Jet-Puffed Marshmallows
- Krispy Kreme glazed doughnuts
- Lady Fingers
- Maria Cookies
- Nabisco Chips Ahoy
- Nabisco Vanilla Wafers
- Nabisco Oreo Cookies
- Smarties
- Skittles
- Starburst
- Sweet Tarts
- Tootsie Rolls

Peanut-Free Snacks

- Applesauce
- Betty Crocker Chocolate Chip Cookie Mix in a bag
- Cheese
- Chips A'Hoy Cookies
- Club Crackers
- Duncan Hines Brownie Mix in a box
- Fruits & Vegetables
- Goldfish
- Graham Crackers
- Krispy Kreme glazed doughnuts
- Maria Cookies
- Nabisco Vanilla Wafers
- Oreo Cookies
- Pillsbury Vanilla Cake Mix in a box
- Plain Ritz Crackers
- Publix Icecream (12 individual cups) (chocolate, vanilla or swirl)
- Saltines

Peanut Free Foods

- Apple Jacks
- Betty Crocker-Yellow Cake Mix and Choc/ Van Frosting
- Butter ANY FRESH BUTTER
- Cheerios

Peanut Free Foods (cont.)

- Cheese ANY FRESH CHEESE
- Cheetos
- Chips Ahoy
- Club Crackers
- Cream Cheese (ANY FRESH PLAIN CREAM CHEESE)
- Doritos
- Duncan Heins -Yellow Cake Mix and Choc/Van Frosting
- Fritos
- Frosted Flakes
- Graham Crackers
- Grilled Cheese Sandwich on White Bread
- Hershey's Chocolate Morsels
- Hershey's Chocolate Syrup
- Hershey's Morsels or Cocoa (NEVER NESTLE)
- Ketchup
- Krispy Crème Glazed Doughnut
- Lays Potato Chips
- Mariquitas (fried plantain chips)
- Marshmallows ONLY JET-PUFFED
- Mc Donald's, Burger King, Wendy's
- Miami's Best Pizza
- Most Vanilla and Chocolate Ice Cream
- Nathan's Hot Dog
- Oreo Cookies
- Oscar Meyers Hot Dog
- Pillsbury Cake Mix and frosting
- Pizza--Pizza Hut, Dominoes (Others, please ask)
- Ritz Crackers--Plain
- Rold Gold Pretzels
- Saltines
- Teddy Grahams (Honey or Cinnamon)
- Tyson or Purdue Chicken Fingers
- Whip and Dip Vanilla Soft Serve in a bowl
- Yogurt (read label)

*******Snacks with Peanuts*******

- Animal Crackers
- Chex Mix (bought at store)
- Chinese and Thai Foods
- Chocolate Candies
- Dirty Potato Chips
- Entenmans (most, read label)
- Foods fried in peanut oil
- Jelly Beans(most brands, read label)

- Most bake goods from Publix, Norman Brothers , Winn Dixie, Gardeners
- Most Chocolate baked goods unless homemade
- Nuts, Peanuts**
- Plain and Peanut M&M's
- Ritz Cheese Bits
- Ritz cheese crackers or peanut butter crackers
- Snyders Pretzels

Please refer also to this 2nd list when buying peanut free snacks:

PEANUT FREE

Air Heads
Dots
Fun Dip
Good & Plenty
Jolly Ranchers (NOT lollipops)
Junior Mints
Laffy Taffy
Life Savers Gummies
Life Savers Jelly Beans
Mike & Ike
Misha's Cupcakes 786 200-6153
Nerds
Pez
Pixie Stix
SourPatch Kids
Swedish Fish
Tootsie Pops
Twizzlers
Vermont Nut Free (available at The Allergy Free Store)
Wonka Monster Treats
YummyCakes & More 305 200-3460

NOT PEANUT FREE

100 Grand Bar
Dove Chocolates
Dunkin Donuts
Hershey Nuggets
Hershey Bliss
Jolly Rancher Lollipops
Kit Kat
M & M's Peanut or Plain
Milky Way

NOT PEANUT FREE

Publix Cupcakes
Raisinets
Reese's
Three Musketeers
Twix