



LIST OF NUT-FREE PRODUCTS/SNACKS



Dear Parents/Guardians:

As we are an Allergy Aware school, the information below will help you to identify safe snacks for your child (ren) to bring to school. It contains several great alternatives to peanut/nut products. Given the life-threatening consequences for those students with this medical condition, we appreciate you taking the time to read and follow this list.

Please remember this is only a guide for safe snack-type food

Foods such as bread, bagels, sandwich meats, milk, cheese, cheese strings, cottage cheese, yogurt, fresh fruits, fresh vegetables, juice, yogurt tubes, puddings, raisins, and dried fruit are all excellent choices for school lunches and snacks.



- Please look for this “Peanut Free” symbol when purchasing snacks.
- Please do not send food purchased from bulk bins to school. Scoops often get moved from bin to bin making it impossible to ensure there has not been cross contamination with peanuts/nuts. As well, avoid bulk bags of food that do not have ingredient labeling.
- Please do not send baked goods purchased from bakeries or donut shops where the food has been sitting with other foods under the same glass display or where peanut products are produced. There is a risk that these items have been cross contaminated with peanuts/nuts. The product may have been made on the same counter as nut products, or with the same utensils, or the tongs used to pick up your purchase may have previously been used to pick up a peanut or nut product.
- When baking, please ensure all ingredients are verified (spices, chocolate chips, etc.) as they sometimes contain trace amounts of peanuts/nuts and are labeled accordingly.

* The best “baked” snacks from the store are cookies, crackers, and cereals that are properly labeled and packaged.

Bread and Buns

- Country Harvest
 - Bagels
 - Bread
- Dempster’s
 - Bread
 - Bagels
- Natural Bakery
 - Canadian Rye
 - French
- Old Mill
 - White / Whole Wheat bread

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- Bagels
- Wonder
 - White / Whole Wheat bread
 - White / Whole Wheat hot dog buns
 - White / Whole Wheat hamburger buns

Sandwich Spread

- No Nuts
 - Peabutter
- I.M. Healthy
 - Soybutter
- Wow! Butter
 - Soybutter
- Sunbutter
 - All varieties and trail mix
- FreeNut Butter
 - Soybutter

Cereals

- Quaker
 - Life
 - Corn Bran
 - Oat Squares
 - Cap'n Crunch
- Kellogg's
 - Mini Wheat Original (assorted varieties)
 - Rice Krispies
 - Vector
 - Corn Pops
 - Fruit Loops
 - Crispix
 - Cherrios (original)
- Post
 - Alphabits
 - Honeycomb
 - Shreddies (original)
- General Mills
 - Cinnamon Toast Crunch
 - Lucky Charms
 - Golden Grahams
- Holy Crap – Breakfast Cereal
 - Dragon's Blend

Cookies

- Dare

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- Simple Pleasures
- Ultimate (except Harvest of the Rainforest)
- Breaktime
- Whippet
- Viva Puffs
- Bear Paws / Bear Paws Minis (labeled peanut free)
- Wagon Wheels (labeled peanut free)
- Econo
- Dare Traditions
- Maxi Fruits
- Create A Treat
 - Sugar cookies (labeled peanut free)
- Honey Maid
 - Graham wafer crackers
- Mr. Christie
 - Teddy Grahams snack packs (labeled peanut free)
 - Soft Baked Cookies (labeled peanut free)
 - Mini Chips Ahoy (labeled peanut free)
 - Animal Crackers snack packs (labeled peanut free)
 - Chips Ahoy
 - Fudgee-O
 - Double Fudgee-O
 - Oreo Cookies
- NoName (Extra Foods / Superstore)
 - Marshmallow Squares (labeled peanut free)
 - Mr. Fudgey (labeled peanut free)
 - Mr. Maple (labeled peanut free)
- President's Choice Mini Chefs
 - Mini Chefs Honey Crunch Cubs lunch box packs (labeled peanut free)
 - Mini Chefs Zookies lunch box packs (labeled peanut free)
 - Arrowroot cookies (labeled peanut free)
- School Room
 - School Safe brownies, cookies and baking (labeled peanut free)

Crackers

- Dare
 - Breton
 - Breton Minis
 - Breton Gourmet
 - Vinta
 - Grains First
- Grissol
 - Melba Toast

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- Mr. Christie
 - Premium Plus Crackers
 - Wheat Thins
 - French Onion
 - Bacon Dippers
 - Swiss Cheese
 - Original Triscuit
 - Vegetable Thins
 - Crispers
 - Stoned Wheat Thins
 - Sociables
 - Ritz
 - Cheese Nips
 - Ritz Chips
 - Ritz Cheese Mini Crackers
- Pepperidge Farm
 - Goldfish
- President's Choice
 - Wheat Snax
 - Woven Wheats
 - Classic Snack
 - Classic Cheese
 - Original Chippers
 - Parmesan & Basil Chippers
 - Salt & Vinegar Chippers
 - Peppercorn & Ranch Chippers
 - Cheddar Little Penguins Snack Crackers
- Annie's
 - Cheddar/Graham/Chocolate...Bunnies

Candy

- Dare
 - Real Fruit (labeled peanut free)
 - Juiced Up
- Nestle (individually wrapped snack size only)
 - Aero
 - Kit Kat
 - Smarties
 - Coffee Crisp
- Mars
 - Mars Bars
- Hershey's (individually wrapped snack size only)
 - Milk chocolate
 - Cookies 'n Cream

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- Caramel in milk chocolate
- NoName (Extra Foods / Superstore)
 - Jelly beans (labeled peanut free)
 - Zoo Animal Fruit Snacks (labeled peanut free)
- Trebor Allan Candy
 - Swedish Berries
 - Fuzzy Peach
 - Gummies
 - Cherry Blasters
 - Sourpatch Kids
- Twizzlers
 - Licorice (labeled peanut free)
 - Pull-n-Peel (labeled peanut free)
 - Nibs (labeled peanut free)

Snacks

- Betty Crocker
 - Dunkaroos
 - Fruit Roll Ups
 - Fruit by the Foot
 - Fruit Snacks
 - Fruit Gushers
- Chips
 - Lays
 - Old Dutch
 - Hostess
 - Sun Chips
- Coop Gold
 - Real fruit blend – apple, strawberry snacks
- Del Monte
 - Fruit Gels - orange, grape, strawberry, cherry
 - Fruit Cups - all fruit cups are safe
 - Puddings - chocolate fudge, banana, vanilla, butterscotch
- Dole
 - Squish'ems
 - Fruit cups
 - Fruit parfaits
- Hawkins
 - Cheezies
- Hunts
 - Juicy Gels
 - Puddings - Chocolate, double chocolate swirls, butterscotch, vanilla
- Jell-o

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- Puddings
- Kool-Aid
- Kellogg's
 - Nutri-Grain bars - apple cinnamon, cherry, mixed berry, raspberry, strawberry, blueberry
- Mini Chefs
 - Fruit Smooshies
- Mott's
 - Fruitsations – apple cinnamon, strawberry apple, raspberry apple, mango peach, cherry apple
- No Nuttin
 - Variety of Granola Bars
- Ocean Spray
 - Craisins - all flavours (labeled peanut free)
- President's Choice
 - Fruit Bars (labeled peanut free)
 - "Just Apples" sauce
 - Blue Menu Wheat Bran Bites (labeled peanut free)
 - Granola Bars (labeled peanut free)
- Sunmaid
 - Raisins
- Sun Rype
 - Mini Bites
 - Fruit to Go
 - Squiggles
- Quaker
 - Chewy- Granola bars (labeled peanut free)
- Yoplait
 - Minigo
 - Yogourt tubes

Ice Cream

- Chapman's - ice cream / novelties (labeled peanut free)

* These are just SOME examples of NUT-FREE products found in our local stores.

* Here are links to sites that provide lists and ideas for healthy school snacks and lunches:

<http://www.100daysofrealfood.com/2013/10/07/nut-free-school-lunch-ideas/>

http://www.100daysofrealfood.com/wp-content/uploads/2013/09/Elementary-School-Snack-List-9_4_13.pdf

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