

NUT-FREE FRIENDLY LUNCH FOODS

Printer friendly version in pdf of the following information

KELLOGG'S

- Nutri Grain Bars --- all flavours
- Rice Krispie Treats (regular, rainbow chip and caramel)

DARE

(Dare products are labeled peanut free. More information on the Dare website www.darefoods.com)

- Bear Paws
- Wagon Wheels
- Real Fruit Mini's and Gummies

WELCH'S

- Fruit Snacks

PRESIDENT'S CHOICE

(found at Superstore - a lot of President's Choice products are labeled peanut free)

- Mr. Mini Cookies
- Dipped and Chewy Granola Bars
- Regular Chocolate Chip Granola Bars

DOLE

- Fruit and Gel Packs

Mr. CHRISTIE

(all snack packs are labeled peanut free)

- Soft Baked Cookies
- Mini Chips Ahoy
- Honey Teddy Grahams
- Mini Oreos
- Animal Crackers

KRAFT CANADA

(all products are well labeled and will declare if safe or not)

CHAPMANS

(ice cream is peanut free, frozen yogurt is not)

JEANNIE CAKES

(are nut free)

WAL-MART

(many pre-packaged baked goods are labeled nut free

ANNETTE'S DOUGHNUTS

(safe)

GOLDFISH CRACKERS

VADEBONCOEUR CHOCOLATES

(labeled nut free)

TOOTSIE ROLLS

MIKE AND IKES

DOUBLE BUBBLE

HERSEY PRODUCTS

- Twizzlers
- MiniChocolate Bars (will be labeled)

POTATO CHIPS

- Old Dutch
- Lays
- Pringles
- Doritos

YOPLAIT

(yogurt tubes)

CHEESE STRINGS

BETTY CROCKER

(declares allergens)

- Dunkaroos

Products change all the time. If it is not labeled peanut/nut free labels must be read every time to ensure a product is safe.

Statements such as: may contain traces of nuts or peanuts, manufactured in a facility that processes nuts or peanuts are not safe.