



Saints Philip and James School Safe Snacks

The following is a list of some safe peanut/tree nut and egg free snacks. However, it will always be important to double-check the labels to see if peanuts, tree nuts or eggs are listed in the ingredients, as manufacturers will change their ingredients from time to time.

Fortunately, the FDA requires that all foods containing the top 8 allergens, which include peanuts, tree nuts and eggs, be listed on the label in plain English (and they are often listed in bold print as well). This makes reading package labels for dangerous allergens easier than it has ever been. It is also important to review labels for phrases like “May Contain Trace Amounts of Peanuts/Tree Nuts/Eggs,” “Processed on Shared Equipment with ...” or “Manufactured in a Facility that uses ...” These products are also not safe.

In addition to double-checking the label, there are some general guidelines that are also helpful in determining when a product is safe or unsafe.

- Foreign products are not safe (due to foreign names for ingredients and less stringent food processing guidelines)
- Bakeries (in store or otherwise) are not safe (due to cross contamination with other baked goods containing nuts and/or eggs)
- Home baked goods are not safe (due to cross contamination)
- Any candy in a bulk bin is considered unsafe (again, due to cross contamination)

COOKIES / CRACKERS

Nabisco:

- Oreos (Regular, Holiday Versions, Fudgees & Fudge Rings)
- Teddy Grahams (Honey, Oatmeal, Cinnamon, Chocolate & Chocolate Chip)
- Barnum’s Animal Crackers
- Honey Maid Grahams (all varieties, including Mini S’mores)
- Ritz Crackers (most varieties - EXCEPT Ritz Bits!)
- Cheese Nips
- Chips Ahoy! (Original Chocolate Chip version)

Keebler:

- Graham Crackers (all varieties, including Scooby Doo Baked Graham Cracker Sticks)

OTHER SNACKS

- Lay's Potato Chips
- Ruffles Potato Chips
- Pringles
- Rold Gold Pretzels
- Fritos, Cheetos, Doritos & Tostitos
- General Mills Bugles
- Sunshine Cheez-It (all varieties, including Duoz, Toy Story, Scrabble, BIG & Snack Mixes)
- Kellogg's Nutri-Grain Cereal Bars
- Kellogg's Rice Krispie Treats (Original, Chocolatey Drizzle & Strawberry)
- Pepperidge Farm Goldfish Baked Snack Crackers (not sandwich types)
- All Betty Crocker Fruit Roll-Ups, Fruit Snacks, Fruit Gushers & Fruit by the Foot are safe.
- Betty Crocker Pop Secret Popcorn
- Smartfood Popcorn (White Cheddar Cheese)

ICE CREAM

- All PhillySwirl Italian Ice frozen treats are safe! They are made in a peanut/nut free facility!
- Popsicles: All "Popsicle Brand" fudge and ice pops are safe (example: Scribblers)
- Edy's Slow-Churned Ice Cream or Yogurt Blends (Vanilla, Chocolate Vanilla Swirl or Strawberry) & Edy's Whole Fruit Bars
- Breyer's Ice Cream (Vanilla, Chocolate & Strawberry)

FINAL NOTE: Thank you for the care and concern you give to the precious children that cope with these life-threatening allergies on a daily basis!