

Peanut Free Snack Food List*

*Provided by Rosedale Heights Public School (YRDSB)

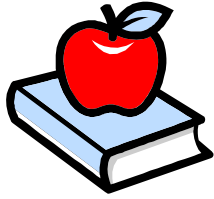
Safe Snacks

- Candy:** Gobstoppers, Nerds, Real Fruit Gummies, Skittles (all types), Starburst (all types) Sweetarts
- Chocolate Bars:** Aero, Caramilk (regular, coffee, pokemon, rolls) Cerises, Choclairs, Coconut, Coffee Crisp, Crunchie, Dove Caramel, Jersey Milk Buds, Kit Kat, Mirage, Pep, Rosebuds, Smarties
- Cookies:** Arrowroot, Chips Ahoy (chewy, crispy, regular), Dunkaroos, Fudgeos, Oreos (regular size only) Snackwell's (regular size only) Teddy Grahams
- Crackers:** Apple Dippers snack pack, Cheese & Crackers packs, Goldfish, Ritz (regular size only), Snackwell's (crackers, potato thins)
- Potato Chips etc.:** all Hostess Frito Lay products, all Humpty Dumpty products, Ringolos, Rold Gold Pretzels.
- Puddings:** all Jello pudding snacks, all Kraft pudding snacks, all Magic Moments puddings, Dunkaroos
- Rice Cakes:** Quaker Rice Cakes (all types)
- Snack Bars:** Kellogg's Nutri Grain Bars, Rice Krispie Squares (plain only – blue wrap)

Unsafe Snacks

- Candy:** Jolly Rancher candy (all types)
- Chocolate Bars:** Astros, Big Turk, Bounty, Butterfinger, Cherry Blossom, Crispy Crunch, Crunch, Eat More, Fusion, Glossettes (peanuts & raisins), Hershey Bars (all types) Jersey Milk, M&Ms (almond crispies, peanut plain, peanut butter), Malted Milk, Maltesers, Mars (almond, dark, regular), Mr. Big, 3 Muskateers, Oh Henry (chocolate fudge, peanut butter, regular), Reese's Crunchy Cups, Reese's Honey Roasted Cups, Reese's Peanut Butter Cups, Reese's Pieces, Reese's Sticks, Rolo, Skor, Snickers, Sweet Marie, Time Out, Twix, Wunderbar
- Cookies:** Chips Ahoy (mini rainbow, rainbow), Dad's Cookies (all types), Dare Cookies (all types), Oreos (mini), Snackwell's (mini)
- Crackers:** Peanut Butter & Cracker packs, Ritz (cheese sandwich, peanut butter sandwich, mini cheese, mini plain)
- Potato Chips etc.:** Bits 'n Bites, Cheerios Snack Mix, Cracker Jax, Pretzel Flipz
- Snack Bars:** Dips (all types), President's Choice granola bars, Quaker Fruit & Oatmeal bars, Rice Krispie Squares (peanut butter – orange wrap, chocolate – brown wrap), Cookie Barz

As at September 24, 2006



For those who *choose* packaged items for school lunches, below is a list of various packaged snack type foods that currently do not have peanuts listed as an ingredient. This list is not a complete list of peanut free products and labels should be checked each time as manufacturers may change ingredients. (No name or store brands may be ok too.)

Other choices such as yogurt, fruit, vegetable sticks, packaged bagels, etc. are almost always peanut free.

Bread Sticks

Grissol:

- Melba Rounds
- Crispy Baguettes
- Mini Sticks
- Melba Toast
- Bread Sticks
- Rusks

Brownstone:

- Bagel Chips

Rice Cakes

Quaker – Crispy Mini’s – various

Quaker – Rice Cakes - various

Puddings

Healthy Choice Puddings

Hunts Snack Pack Puddings (not Swirls)

Hunts Squeez and Go Puddings

Kraft Jello Puddings

Jello Refrigerated Puddings

Crackers

Breton:

- Mini’s
- Vinta
- Original
- Multigrain Reduced Fat

Christie:

- Crispers
- Premium Plus Soda
- Premium Plus Soda – Whole Wheat
- Toppables
- Vegetable Thins
- Ritz - various
- Ritz Chips - various
- Triscuit
- Animal crackers
- Honey Maid Graham
- Wheat Thins
- Bacon Dippers

Carrs:

- Most varieties

Pepperidge Farm

- Goldfish

Stone Wheat Thins

Candy

Nestle:

- Aero Bar
- Coffee Crisp Bar
- Kit Kat Bar
- Smarties

Mars Bars – made in Canada

Trevor Allan:

- Fuzzy Peach
- Gummies
- Sour Patch
- Cherry Blasters

Kinder Surprise

Skittles

Starburst Fruit Chews

Twizzlers

Cookies

Christie:

- Animal Crackers
- Arrowroot
- Chewy Chips Ahoy (double Chocolate and Regular)
- Chips Ahoy
- Chips Ahoy Rainbow and Rainbow Mini's
- Chunks Ahoy
- Fudgeeo
- Oreo Regular
- Oreo Double Stuff
- Oreo Vanilla
- Thinsations - various

Cookies - continued

Dare:

- Bear Paws Soft Cookies
- Breaktime – ginger, oatmeal
- Viva Puffs
- Wagon Wheels
- Whippet

Dare Ultimate:

- Fudge Chocolate
- Fudge Milk Chocolate
- Vanilla Crème
- Strawberry Crème
- Maple Leaf
- Coconut
- Banana
- Lemon
- Cinnamon Danish

Dare Simple Pleasures:

- Almond (artificial flavour)
- Chocolate Thins
- Cinnamon Snaps
- Digestive
- Encore Social Tea
- Lemon Social Tea
- Maple
- Oatmeal
- Spice Snaps

Peak Frean Cookies and Life Style Cookies (except Orange Blossom, Pecan Passion, and Toffee Crisp)

Teddy Grahams

Sun Maid Oatmeal Raisin

Chips, etc.

Cheese Sticks
Cheetos Puffs
Doritos
Humpty Dumpty Potato Chips and
Lays Chips
Most Tortilla Chips
Orville Reddenbocker Popcorn
Pringles Potato Chips
Ruffles Chips

Bars

Quaker Chewy Granola Bars (with
peanut free symbol)

Kellogg's:

- Nurti Grain Cereal Bars
- Special K – various
- Froot Loop Cereal and Milk
- All Bran Bars Original
- All Bran Bars Honey Nut
(Artificial flavouring)

Kellogg's Rice Krispie Squares:

- Original
- Chocolatey
- Chocolatey Caramel
- Rainbow

Dare – Real Fruit

Sun Rype

- Fruit Bars
- Fruit to Go

Fruit Cups

Del Monte Fruit Salad
Del Monte Very Cherry Fruit Cups
Dole Fruit Bowls
Motts Fruitsations
President's Choice Appletreet
Most Canned Fruit

Miscellaneous Snacks

Betty Crocker:

- Fruit by the Foot
- Fruit Roll Ups
- Fruit Snacks – various

Kellogg's Fruit Snacks

Cheese Strings

Kellogg's Pop Tarts

Schneider's Lunch Mates (except those
containing a Hershey bar or the
cinnamon rolls)

Items to watch for:

Nestle Peanut Butter Smarties
Nestle Peanut Butter Smarties Bar
Nestle Kit Kat Chunky Peanut Butter
Bar



The following have peanut
warnings:

Christie Mini Ritz Sandwiches
Oreo Mint
Quaker Chewy Dipp's Granola Bar
Quaker Granola Bar without peanut free
symbol
Oatmeal to Go