

The Peanut/Nut Free Shopping List

The best shopping advice to help keep kids allergic to peanuts and tree nuts safe is to only buy items that have been produced in a peanut/nut free facility or when an item uses the precautionary label "may contain" (and – of course - peanuts and nuts are not listed). Because precautionary labeling in Canada is voluntary, not every manufacturer or food distributor--especially those selling organic or bulk foods or distributing imported foods--have these important statements on their packages.

In order to help you with your shopping, we have contacted some of the major food manufacturers/distributors to confirm that their products are safe. Nevertheless, it is important to still read the labels as we get "news alerts" from the allergy network and the Canadian Food Inspection Agency on a regular basis. They are constantly informing us of products that are no longer safe. In other words, keep reading labels even for the list of suggestions below.

Please note that this is not an exhaustive list of peanut/tree nut free food products. If you have any questions or would like to add to the list, please feel free to contact me at 819 459 8648.

Sweet Snacks

Dare cookie and cracker products made in Canada (e.g., Bear Paws, Wagon Wheels, Simple Pleasures)
Some but not all Leclerc products
Date and Fig Newtons
Kellogg's Nutri-Grain Bars (*read the label as some have peanuts/nuts as ingredients*)
Quaker's Peanut-Free Chewy Bars (look for peanut/nut free symbol).
Sun-Rype products

Crackers

Plain Ritz Crackers
Nabisco Saltines
Triscuits
Wheat Thins and Vegetable Thins
Pepperidge Farms Goldfish
Breton and Grainsfirst Crackers (Dare)
Grissol Breadsticks and Melba Toast

Salty Snacks

Rold Gold Pretzels
Ruffles or Lays Potato Chips
Miss Vickies (potato chips)
Orville Redenbacher Popcorn (read labels)
(Note: No packaged seeds (sunflower, sesame, pumpkin, etc.) unless there is a precautionary label on them. This is because many seeds are packaged in facilities that also package nut "snacks". Seeds from bulk food bins are also high risk for kids with peanut/tree nut allergies.)

Candy

Twizzlers
Nestle Bars: Mars Bar, Coffee Crisp, Kit Kat, Coffee Crisps, Aero Bars (Note: Not all packages especially larger sized ones have the peanut/nut free symbol.)
Lifesavers
*(Note: Most candy in bulk food bins is **not** safe as risk of cross contamination is high as scoops go from bin to bin. Some stores list product ingredients but many do not.)*

Cereals

Kellogg's Rice Crispies, Corn Flakes, Fruit Loops
Cheerios (plain or fruit flavoured)
Quaker Oat Squares

Better Food Choices:

Fruit and Vegetables – no dips but cream cheese is ok.
Yogurt (*Note: not soy brands or brands that include museli/granola as part of their product offerings.*)
Cheese sticks
Sun Maid and Mini Chef Raisins (not chocolate covered raisins)

As of October 16, 2007