

## Safe Treats for Classroom Events in classrooms with “peanut/cooked-egg/shellfish” allergies

Please note: These are general guidelines, one should always read the labels to ensure the ingredients **do not contain peanuts/tree nuts/eggs/sesame/shellfish & pineapple**. Oftentimes companies will change their ingredient listings.

- **Pizza:** Dominoes Papa Johns; Sabarros; Costco; Ledos.
- **Candy:**
  - Skittles; Starburst; Life-saver gummies
  - Much of the Willie Wonka candy is safe: Laffy taffy; nerds; nerd rope.
  - Smarties; blow pops; tootsie pops; dum-dums (except for pineapple flavor); tootsie rolls;
  - Hershey kisses (check bag for changes). Some plain Hershey bars are ok, some are not.
  - Some marshmallows are ok, some are not.
- **Ice cream:** if individually wrapped, doesn't contain eggs, and doesn't have nut/peanut contamination.
- **Popsicles** (if ingredients can be checked and doesn't have pineapple)
- **Rice Krispie treats** (if wrapped); homemade are not ok due to potential eggs in marshmallows.
- **Cookies:** Chips Ahoy; Oreos (original, not the newer or “cake” type oreos); Girl Scout Thin Mints; Nilla wafers (only low-fat, the original have egg); Keebler Fudge Stripes; Keebler Vienna fingers: vanilla cream filled;
- **Crackers:** Honey Maid & Nabisco graham crackers; Saltines; Cheez-its; Ritz (not ritz bits, as they all contain peanuts – even cheese-filled); Animal; Goldfish – check ingredients
- **Fresh Fruit**
- **Yogurt**
- **Pudding & Jello** – most of these are safe but some contain egg (Tapioco and rice pudding typically contain egg).....watch out for the light or low-fat brands which contain “Nutrasweet” (aspartame)....this is not safe for any child, but particularly for children with allergies.
- **McDonald's** cheese burgers; chicken nuggets; fries; milkshakes.
- **Some gummy snacks** (if no pineapple and no nut/peanut contamination)
- **Bagels and cream cheese:** if commercially wrapped and ingredients listed.
- **Snacks:**
  - Pepperidge Farm Goldfish;
  - Some pretzels (Utz and Rold Gold and some others are typically ok (read ingredients); Snyders are typically not ok
  - Some Potato Chips (Utz and Lays are typically ok – many others contain egg and/or peanut oil)
  - Fritos (original Frito-lay brand); Cheetos (original brand)
  - Cheez-its (original brand)
  - Ritz crackers are OK but not ritz-bits – even the cheese filled ones contain peanuts

## **Foods that are NOT Safe for classroom events with food allergies:**

Anything where the ingredients are not listed.

Anything made in the same factory as Peanuts or sesame or shellfish.

Anything made on the same equipment line as eggs or tree nuts or sesame or shellfish.

Any homemade baked goods; cookies; breads; cakes; cupcakes; brownies; etc.

### **NOT Safe:**

**Unlisted Ingredients:** Anything where the ingredients are not listed.

**Same Factory** Anything made in the same factory or equipment line as peanuts, eggs, tree nuts, sesame or shellfish.

**Homemade** baked goods; cookies; breads; cakes; cupcakes; brownies; etc.

**Pizza:** Pizza Hut; Wegmans; any not listed above.

**All Donuts**

**Candy:** M&Ms, most other chocolate candy.

**Chick Fil A**

**Burger King**

**Bagels** from a bagel bakery (boiled in same water as egg and tree nut bagels)

**Asian Foods** check ingredients, often contain peanuts

**Granola Bars** check ingredients, often contain peanuts