

Hidden Peanuts!

There are so many foods that do not contain peanuts; but, yet are unsafe for kids with peanut allergies. Cross-contamination is a major concern to individuals with peanut or tree nut allergies. When a particular food has a danger of being cross-contaminated, the label will read something like: “May contain peanuts” or “made in a facility that uses nuts” or “processed on shared equipment with nuts”. All of these foods with cross-contamination concerns are UNSAFE for kids with peanut or tree nut allergies.

The table below is intended to help parents choose brands of foods or ingredients that may be safe for kids with peanut or tree nut allergies. This table is NOT intended to replace the act of reading all labels; but, hopefully it will point you in the right direction at the grocery store and perhaps save you some time. As always, all of the families at Concordia that have kids with peanut or tree nut allergies thank you for your extra time and attention.

UNSAFE	Alternatives that may be SAFE *
Dunkin’ Donuts (all food and beverages)	Entenmann’s Boxed Donuts or Donut Holes
Plain M&M’s	Hershey Semi-Sweet Morsels, Skittles
Nestle Morsels / Ghirardelli Morsels for cookies	Hershey Semi-Sweet Morsels
Snyder Pretzels	Herr’s Pretzels
Almost all candy bars that contain chocolate, including: 3 Musketeers, Hershey miniatures, Milky Way, Twix etc...	Hershey Kisses, York Peppermint Patties, Twizzlers, Tootsie Rolls, Dum Dum Lollipops, Skittles
Store bought cupcakes, brownies, cookies etc...	Betty Crocker Cake Mix and Betty Crocker Icing OR pre-packaged Rice Krispie Treats
Cracker Jacks	Pepperidge Farm Goldfish
Frozen Drumstix, Frozen Candy Bars, etc...	Popsicles or Breyer’s Chocolate or Vanilla Ice Cream

* In order to be certain that a food is safe from allergens, labels need to be read **EVERY TIME**.