

## Grayslake Community Park District

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[www.glpd.com](http://www.glpd.com)



## Peanut & Tree Nut-Free Safe Snacks

As parents and members of the school community, we try to be very cautious when giving a list of "safe packaged foods." This is because ingredient lists change (sometimes often) and while there is new legislation to attempt to ensure that manufacturers place all of their ingredients on packaging, this is not always reliable and not all manufacturers have complied. *As a rule of thumb, there are almost no brands that are safe across the whole brand.* Some manufacturers do a great job, and actually manufacture products that have nuts in a completely separate facility, to ensure safety (i.e. Honey Nut Cheerios are made in a separate facility from regular Cheerios). However, some manufacturers do not use a different facility; their labels may read **"made in a facility that also processes nuts."** If we find this on a label, we do not use that food product for safety reasons. When in doubt, please call the manufacturer.

Most large manufacturers, like those listed on the following page, are aware that people have food allergies, and do a great job labeling their products. Because there is often minimal labeling on locally produced foods, and we cannot guarantee a nut-free environment for the homemade creations, we tend not to serve these items. Your diligence is appreciated. Please help keep children with allergies safe while at school.

We have compiled the following list of "safe, packaged foods." This list is subject to change.

**We cannot stress enough the importance of reading labels every time that you purchase and pack food items; manufacturers sometimes change their equipment or product. All snacks that contain peanuts and/or tree nuts and their derivatives are unsafe.**

Please do not bring any products with labels stating:

- "May contain traces of peanuts or tree nuts"
- "Processed in a plant that processes peanuts or tree nuts"
- "Processed on shared equipment with peanuts or tree nuts"
- "Contains peanut or tree nut ingredients"

**Peanut and Tree Nut-Free Safe Snacks**  
As of October 6, 2017 - subject to change

<b>Crackers</b>	<b>Candy / Cakes / Donuts</b>
<p><b>KEEBLER BRAND</b> Keebler Snack Stix Wheatables Club Crackers Town House Toasted Munch Ems</p> <p><b>SUNSHINE BRAND</b> Cheez-It Crackers-regular flavor Cheez-It Party Mix</p> <p><b>PEPPERIDGE FARMS</b> Goldfish - Original, Cheddar, Parmesan, Pretzel &amp; Pizza</p> <p><b>NABISCO BRAND</b> Teddy Grahams (all flavors) Honey Maid Graham Crackers/Sticks Social Tea Wheat Thins / Vegetable Thins (all flavors) Triscuits Cheese Nips Sociables Premium Saltines Better Cheddar Saltines Oyster Crackers Air Crisps Barnum's Animal Crackers Toasted Chips Ritz Snack Mix</p> <p><b>RITZ BRAND</b> Crackers, Dinosaurs, Sticks (Not Ritz Bitz or sandwiches) Crackerfuls - Classic cheddar, four cheese, garlic herb</p> <p><b>KASHI - Tasty Little Crackers (TLC)</b> <b>BRETON Brand Crackers</b> <b>ANNIE's Bunnies</b> <b>AUSTIN'S Animal Crackers</b></p> <p><b>MEIJER Brand</b> Starfish &amp; Pals Honey &amp; Cinnamon Grahams Wheat Crackers</p> <p><b>ANNIE'S ORGANIC</b> Bunny Cheddar Crackers Whole Wheat Bunny Crackers Sour Cream &amp; Onion Bunnies</p>	<p><b>HOSTESS</b> Cupcakes Twinkies HoHos Ding Dongs Donuts - powder, frosted, glazed Muffins - mini or regular</p> <p>Krispy Kreme glazed Lamar's Glazed donuts</p> <p>Air Heads Blow Pops Cella's Dove Silky Smooth Promises - milk chocolate Dum Dum Suckers Gum Gummy Bears / Worms (check brands) Hershey Kissables (check brands) Hershey Kisses - milk chocolate Jolly Ranchers Junior Caramels Junior Mints Laffy Taffy Life Savers (Hard and Gummy) Mike &amp; Ike's Milk Duds Mints Nerds Original Swedish Fish Pixie Sticks Ring Pops Rolos Runts Sixlets Skittles Smarties Sour Patch Kids Spree Starburst - Fruit Chews, Jelly Beans, Fruit Chew Pops Tootsie Pops TWIZZLERS - Twists, Bites, Pull 'n' Peel Yummy Earth Organic Lollipops</p>
<b>Breads</b>	<b>Popcorn / Rice Cakes</b>
<p><b>THOMAS BRAND</b> Bagels English Muffins Pita Bread</p>	<p><b>WISE BRAND</b> <b>HERR'S BRAND</b>-regular &amp; cheese</p> <p><b>SENSIBLE PORTIONS</b> - Veggie Sticks <b>PIRATE'S BRAND</b> - Baked Rice and Corn Puffs Quaker Quakes (mini rice cakes) / Mini Delights</p>

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<b>Cereal</b>	<b>Cookies / Cakes</b>
<p><b>GENERAL MILLS BRAND</b>            Cheerios - original flavor ONLY            Chex - Rice, Wheat            Cinnamon Toast Crunch            Kix            Wheaties</p> <p><b>KELLOGG'S</b>            Corn Flakes            Crispix            Frosted Mini-Wheats            NutriGrain Cereal / Yogurt Bars            Special K Bars (NOT Honey Nut)            Special K Snack Bites            Pop Tarts (NO Peanut Butter)            Pop Tarts Snack Sticks            Corn Pops            Fruit Loops            Apple Jacks</p> <p><b>QUAKER BRAND</b>            Life Cereal (NOT Vanilla Yogurt Crunch)            Cap'n Crunch (NOT peanut butter)</p>	<p><b>NABISCO BRAND</b>            Fig Newtons (all flavors)            Nilla Wafers            Oatmeal Cookies- Plain &amp; Iced            Oreo Cookies (regular or golden)            Sugar Wafers            Cameo            Lorna Doone Shortbread            Chips Ahoy (No peanut butter/almond)</p> <p>Austin Animal Crackers            KELLOGGS Rice Krispie Treats (original)</p> <p><b>KEEBLER</b>            Fudge Stripes            Fudge Grahams            Grasshopper Fudge Mint            E.L. Fudge            Gripz (check flavor)            Elf Grahams            Scooby Doo Grahams</p> <p><b>ANNIE'S ORGANIC</b> - Bunny Grahams  <b>ENJOY LIFE Brand</b> (ALL FLAVORS)  <b>FOR WILL</b> Cookies</p>
<b>Cheese</b>	<b>Yogurt / Pudding / Gels</b>
<p><b>KRAFT</b>            String-Ums Cheese snacks            Handi Snacks (check various flavors)</p> <p><b>SORRENTO BRAND</b>            Shapesters &amp; Stringsters</p> <p><b>SARGENTO Mootown Snacks</b></p>	<p><b>Bryers yogurt</b>  <b>Dannon yogurt</b>  <b>Yoplait yogurt</b>  <b>La Yogurt yogurt</b>  <b>Silk yogurt</b>  <b>Penn Maid yogurt</b></p> <p><b>HUNTS</b> - Snack Pack Pudding &amp; Gels  <b>KOOL AID</b> - Gels  <b>JELL-O</b> - Gelatin, Pudding &amp; Smoothie Snacks  <b>KRAFT Handi Snacks</b> - Pudding  <b>KOZY SHACK</b> - Puddings</p>
<b>Fruit Snacks – No Kellogg's Brand</b>	<b>Miscellaneous</b>
<p><b>SUNKIST</b>  <b>YOGOS / Yogos Rolls</b>  <b>BETTY CROCKER</b>  <b>TARGET</b>  <b>ANNIE'S ORGANIC</b>  <b>MEIJER</b></p>	<p><b>SUNBUTTER</b> - Sunflower Butter  <b>KRAFT</b> - Marshmallows</p>
<b>Fruits / Veggies</b>	<b>Cold Treats</b>
<p>Fresh Fruit (No Strawberries)            Fresh Veggies            Raisins (Plain)            Fruit Cups - Applesauce, Mandarin orange, Pears, Peaches</p> <p><b>DELMONTE</b> - mixed fruit, fruit bowls  <b>DOLE</b> - mixed fruit, fruit bowls  <b>MUSSELMANN</b> applesauce</p>	<p><b>MEIJER</b> - Philly Swirl Brand: Popsicles, Ice Cups</p> <p><b>ICEE</b> Squeeze up tubes  <b>FLAVOR ICE</b> tubes</p> <p><b>MINUTE MAID</b> Frozen Lemonade</p>