

# Nut-Free Birthday Treats

Follow the specific name brands.

However, remember that it is critical to read the ingredient list on the package each time you purchase a product since ingredients can change without notice.

Avoid products that contain statements like:

**“May contain traces of peanuts or other nuts” or  
“Manufactured in a facility that also processes peanut or other nuts”.**

## **Cookies**

- **Nabisco:**
  - Chips Ahoy! (Regular--not minis)
  - Nilla Wafers
  - Oreos (Mini Oreos, Golden Oreos, and Double Stuffed)
  - Teddy Grahams (Chocolate, Cinnamon, and Honey)
  - Barnum’s Animal Crackers
  - Honey Maid Graham Crackers (chocolate, cinnamon and honey)
- **Pepperidge Farm:**
  - Milano
  - Chessmen
  - Shortbread
  - Sugar Cookies
- **Keebler:**
  - Butter Cookies
  - Elf Grahams
  - Scooby Doo Graham Crackers
  - Vanilla Wafers
  - Fudge Striped Cookies
- **Betty Crocker:**
  - Fruit by the Foot

## **Candy**

Tootsie Rolls and Tootsie Pops  
Sugar Daddy  
Junior Mints  
Twizzlers  
Dots  
Laffy Taffy  
Starburst Fruit Chews  
Smarties  
Skittles  
Dum Dum Suckers

## **Bakery type snacks**

- **“Lofthouse”** (cookies and cupcakes typically found in bakery department stores)
- **“School Safe”** (pre-made cupcakes from Jewel)
- **Kellogs:**
  - Rice Krispie Treats (plain only)
  - Pop Tarts
- **Hostess:**
  - Ho-Ho’s
  - Ding Dongs
  - Cupcakes
  - Twinkies
  - Suzy Q’s
  - Donuts
- **Entenmann’s:**
  - Little Bites
  - Donuts

## **Other snacks**

Goldfish Brand Crackers  
Applesauce Pouches  
“Enjoy Life” brands from Meijer