

Peanut-free snack ideas

Anderson Creek Academy has made a commitment to follow peanut-free guidelines for the safety of our students/staff who may suffer from this allergy.

Why peanut free? The “peanut” is actually not a nut at all; it is a legume. Unfortunately the allergen in the peanut is unique. Other food allergens only affect those who EAT the allergen however; the allergen in the peanut is also airborne; meaning it can cause life-threatening reactions by ingestion, skin contact, and/or inhaling the allergen. This makes the peanut allergen particularly concerning in an environment where young children eat close together and may not be able to avoid a reaction simply by just eating their own food. We appreciate your help and support in keeping Anderson Creek Academy safe for all those who may be affected by an allergy to the peanut.

Initial steps: Check all food labels on products you are purchasing for your child to bring to school. Many companies have regulations that require them to label their packages with information regarding the most common/devastating allergens. Look on the package for the word “CONTAINS”. If the label says, “CONTAINS” in bold caps then the label is indicating that it will let you know if it has peanuts in it. This means if it says, “CONTAINS: WHEAT, EGG, SOY but does not specifically list “peanut” then it doesn’t have peanut. If it has peanut it will say “CONTAINS: PEANUTS”. Not all packages will have “CONTAINS” but may have other labeling such as an “Allergen Statement”. Look for statements such as, “manufactured in a facility that also processes peanuts” or “may contain peanuts”. If these statements are present then it is not safe for Anderson Creek Academy. Sometimes the “Allergen Statement” is helpful in a different way and may say, “This product was made in a dedicated peanut-FREE facility.” If it says that, then it is safe for our school.

If the product does not have “CONTAINS” or an “ALLERGEN STATEMENT” then you must be a label detective and look in the ingredient list for **peanuts, peanut butter, peanut oil, peanut flour, peanut meal, etc.** If you see these ingredients, then the product is not safe for school.

The following are safe lunch and/or snack ideas. They are not necessarily healthy options but they are safe options.

1) Fruits/Vegetables

- Any fresh fruit (apples, oranges, bananas, pears, plums, berries, melon, raisins etc...)
- Any fresh vegetable (broccoli, cauliflower, carrots, beans, snap peas, celery, lettuce, etc....)
- Fruit sauces (applesauce, pear-sauce, fruit sauce pouches, fruit cups etc...)

2) Dip/Spread ideas for fruit/veggies

- Hummus (Sabra and Athenos brand)
- Guacamole
- Cream cheese
- Wow Butter (Soy based peanut butter substitute)
- SunButter (Sunflower peanut butter substitute)
- Cottage cheese

3) Dairy

- Yogurt
- String cheese
- Cheese slices
- Kraft (brand) handi-snacks cheese/crackers (with the red sticks)

4) Crackers/Snacks:

- Ritz crackers (plain only not ritz-bits or sandwiches)
- Keebler Club crackers (plain only not sandwiches)
- Goldfish crackers (Pepperidge Farm brand only- cheddar, plain, pretzel)
- Nabisco Saltines (brand, plain)
- Pepperidge Farm baked naturals (cracker chips, cheese crisps, wheat crisps)
- Kellogg's Cheez-its
- Annie's bunny grahams
- Teddy Grahams
- Animal crackers (Barnum or Austin Zoo brands)
- Honey Maid (brand only) graham crackers (chocolate, honey, cinnamon)
- Triscuits (brand only, plain)
- Wheat Thins (brand, plain)
- Keebler Town House crackers (brand)
- Breton brand crackers; most are manufactured in a peanut-free facility and it will be specified on the package.

5) Pudding/Jell-O

- Kraft Handi-Snacks; vanilla or chocolate
- Hunts brand chocolate or vanilla pudding
- Jell-O brand vanilla, chocolate, and Oreo puddings
- Hershey chocolate pudding tubes
- Jello-O Gelatin cups, tubes

6) Salty Snacks

- Pretzels (Rold Gold, Herr's, Snyder's of Hanover, UTZ)
- Potato Chips (Ruffles, Lays, Cape Cod, UTZ, Wise)
- Baked Lays and Baked Ruffles potato chips
- Pirate's brand smart puffs and white cheddar booty
- Pop-Chips
- Fritos
- Tostitos
- Doritos (not the crackers)

- Pringles (original)
- Popcorn- most brands but some specific examples include Pop Secret, Smart-Ones, Skinny Pop, Orville Redenbacher, Healthy Choice
- Bugles
- Sun Chips

7) Sweet Treats/Cookies/Cakes

- Entenmann's Little Bites Muffins (chocolate chip, Party cake, blueberry, brownie)
- Entenmann's frosted donuts
- Entenmann's donut holes, brownies
- Keebler fudge stripe, fudge shoppe, grasshopper, and butter cookies
- Keebler bite sized grahams, golden vanilla wafers, elf grahams
- Oreos (blue package)
- Chips Ahoy (not the minis)
- Hostess Donettes frosted mini donuts (chocolate covered yellow donuts)
- Hostess Ding Dongs, Ho-Hos, Twinkies, Original chocolate cupcakes
- Enjoy Life brand cookies
- Nabisco Fig Newtons
- Nabisco Nilla Wafers (brand only)
- Kellogg's Pop Tarts
- Nature's Path Organic toasted pastries
- Kellogg's Rice Krispie Treats (pre-packaged, plain)
- Pepperidge Farm- Milano, Chessman, Shortbread, and Sugar cookies
- Nutrigrain bars (strawberry, apple, blueberry, cherry)
- Krispy Crème pre-packaged original glazed doughnuts

This list is not all-inclusive. There are certainly peanut-free foods that are missing from this list. This is just a guide for ease and also so you can choose some safe snacks for the whole class if needed for events.

IMPORTANT: Food labels/ingredients may change over time. There will always be continual changes made in manufacturer production and packaging. Please read the ingredient label on the foods you are buying for school, including those on this list, to ENSURE it does not contain any peanut ingredients, and to ensure it is not manufactured in a facility that also processes peanuts.

Thank you for your cooperation in this matter and your dedication to keeping our school safe for all children, staff, and volunteers.

