

## Safe Foods for Fellowship Time and Meetings

1. Kings Hawaiian brand rolls, Kings Hawaiian breads
2. Sister Shubert Rolls (frozen section of grocery store)
3. Fruit and vegetable trays
4. Cheese: Kraft and Sargento
5. Breakstone's Cottage cheese
6. Bush's: Black Beans, Pinto Beans, etc
7. Salads (dressing: Krafts-Ranch, Zesty Italian, etc. and Hidden Valley Ranch)
8. Dannon and Yoplait Yogurt
9. Wowbutter (like peanut butter but made from soy—next to peanut butter at stores)
10. Oreos (regular and double stuff)
11. Frito Lay Chips (Lays regular potato chips, Cheetos, Tostitos, Ruffles, Rold Gold Pretzels)
12. Tostitos Salsa
13. Wise Brand Chips
14. Pirate Booty Puffs
15. Raisins
16. Enjoy Life Brand products (chocolate, cookies, etc.) Found in the gluten free section of Food Lion and Walmart
17. Made Good Products (Granola, cookies)
18. Goldfish crackers
19. Triscuits
20. Wheat Thins
21. Dum Dum Lollipops
22. Tootsie Pops and Tootsie Rolls
23. Twizzlers
24. Skinny Pop Popcorn; Smartfoods Popcorn
25. Kraft Mac and Cheese

Please be mindful of lotions, soaps, and other items that contain nuts (like almond oil, macadamia nut, shea butter.)

2/6/2020

Thank you all for your willingness to adjust to my allergies. Just so you know, I have a severe airborne peanut and tree nut allergy. All nuts and peanuts are a problem for me. As far as a guide, this is what I have shared previously with other churches and groups. This is the safe

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snacking list: <https://snacksafely.com/safe-snack-guide>

To help everyone, peanuts are legumes and when checking products know that peanuts are not in the same family as tree nuts. This will be two things to look for--does it have peanuts and/or tree nuts. Both are a problem. As far as labeling, you are checking for "contains, may contain, made in a facility that..." Shared equipment, same facility, contains, may contains, etc are all a problem.

Things to consider: chocolate chips/chocolate are often made in the same facility as peanuts/tree nuts. "All Enjoy Life" products (chocolate chips, bars, etc) are made in a facility free from the top 8 allergens. I will warn you that it is a little more expensive, but delicious! You can find this at most Food Lion and Walmart stores. You can also find it on Amazon. If there are health food stores nearby, they may carry this product as well.

I do not have a problem with seeds, but check the label, because some seeds are packaged in the same facility as nuts.

In terms of flour, King Arthur and Bob's Red Mill flour makes almond flour. They do not have a separate facility for this, and so any of Bob's Red Mill/King Arthur's flour is not safe for me. Gold Medal, White Lily, i have used before.

Most bakery items you find in the grocery store will have a warning, and most bakery items are not safe. There is one cupcake company that has a sticker on their cupcakes--they are mini ones--that have a sticker on it that says peanut/tree nut free. I haven't seen them much, maybe Harris Teeter, Food Lion?

The important part in all of this is to check labels for everything.

To help with candy: Things like sweet tarts, Swedish fish, starburst, skittles are all safe. Rolos are safe as well. Frito Lay products are safe for me. Be careful with kettle cooked chips, and mainly checking to make sure chips are not cooked in peanut oil. In general, Frito Lay is safe for tortilla chips, chips, etc.

Also, if you ever have any questions, or are unsure of a product, feel free to reach out to me via phone call or text. You can send me labels of the product name, ingredient list, and I am

happy to assist in this endeavor.

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