

SPC Nut-Free, Facility Safe Food List

1. Kings Hawaiian Brand Rolls, Kings Hawaiian Breads
2. Sister Shubert Rolls (frozen section of grocery stores)
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 (dressings: Kraft's Ranch, Zesty Italian, etc. and Hidden Valley Ranch)
8. Dannon and Yoplait Yogurt
9. Wowbutter (similar to peanut butter but made from soy (found near peanut butter)
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
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

Other Considerations:

- Be mindful of lotions, soaps, and other items that contain nuts (almond oil, macadamia nut, shea butter).
- Peanuts are legumes and are in the same family as tree nuts. Both peanuts and/or tree nuts are not safe.
- When checking labeling, those reading, "contains, may contain, made in a facility that..., shared equipment, same facility, contains, may contain, etc.," are all not safe.
- 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 eight allergens.
- Seeds are permitted but check the label because some seeds are packaged in the same facility as nuts.
- Gold Medal and White Lily are safe, but King Arthur and Bob's Red Mill Flour are not safe because they are made in same facility that makes almond flour.
- Most bakery items you find in the grocery stores will have a warning and are not safe.
- Things like Sweet Tarts, Swedish Fish, Starburst, Skittles are all safe.
- Other safe snacks include Rolos, Frito Lay products, including their tortilla and regular chips.
- Kettle Chips need to be checked to make sure they are not cooked in peanut oil.
- The important part in all of this is to check labels for everything.

If you every have any questions or are unsure of a product, contact Joanna Hipp at j.hipp@southportpresbyterian.com or 910-457-6811.