

## **Products Guide for Friends and Family - Updated December 2019**

This is what I currently use to help point myself/friends/family in a safe direction!

### Important Preface

This can be used as a rough guide - I typically call/email on every product individually each time I purchase it, unless I recently called or email about it.

\*Ideally I find the products that I know are “peanut-free facility” or are labeled for being a peanut-free facility. I tend to only use a product if it has a ‘may contain’ statement that doesn’t say ‘may contain: peanuts’. In the U.S. if it does not say ‘may contain’ a good rule of thumb is that it may be contaminated. However, cross-contamination chances are often lower if it says ‘may contain’. This does not guarantee that something is 100% safe. Sadly, ‘may contain’ labeling is not regulated in the United States and it is completely voluntary for a company, not mandatory. Even if it says ‘may contain’ I will contact the company and inquire what this means. Example: it could mean they make something on shared equipment with peanuts and clean it afterwards, or it could mean they don’t use peanuts in the facility, so I find out first.

\*Everything Trader Joe’s brand with or without a ‘may contain’ statement I call on. They have an incredible product line number (526) 599-3817 open Pacific Standard time zone, Mon-Fri 6-6pm PST. I call during the week while at the store and read them the barcodes, and I tell them that I avoid anything on shared lines with peanuts/peanut products and avoid products with peanuts in the same facility. I ask verbatim, “Was this \_sku #/barcode\_ made in a facility with peanuts or on shared lines with peanuts?” and avoid accordingly.

\*I don’t trust anything made in pre-made areas like a deli, olive or cheese bar, etc. I also do not trust anything in bulk sections. The chance of cross-contamination is too high.

\*I scrub fresh veggies and fruit really well, they are often cross-contaminated externally from shipment/storage, handling, etc. I also wash pre-washed bagged spinach and kale really well, because it’s often cross-contaminated in the bagging facility. I’ve seen photos of bags of pre-washed spinach with almonds inside, so I try to get all fresh veggies when I can, and not grab pre-bagged, and wash everything really well in a non-contaminated space and with a non contaminated sponge.

\*I prefer to use my own bowls, plates, cookware, baking trays, skillet, sponges, and/or wash my own glasses/utensils and plates of others before eating due to cross contamination. I’m always happy to bring my own stuff over to cook with since I know it’s peanut-less! I’ve had issues before with people eating while simultaneously putting clean dishes away and contaminating them with peanut dust, and similar situations, since contamination is so easy to do. Sponges and drying towels are also often contaminated if peanut products are used in the house. I feel the most comfortable to eat something right from the packaging instead of eating something homemade, due to contamination risk.

\*Amy's Kitchen and Annie's Organic often get confused, but Amy's Kitchen is peanut free, Annie's Organic products are not always peanut-less.

\*If you find other brands that seem to consistently label 'may contain' or 'peanut free facility' for peanuts please let me know! I'd love to make this list as comprehensive as I can. I also personally avoid eating other tree nuts in food items most of the time as a personal precaution.

### **\*For those with allergies**

Please only use this as a guide to finding products that may work for you, and check all products on your own before consuming.

### **Fresh Food**

- When it comes to fresh food, I love it! Especially due to ability to wash it easily & know what it contains. Some easy fresh snacks that I'll eat if they're out at a party or family gathering are: grapes, celery, cherry tomatoes, unpeeled banana, unpeeled whole clementines, and apples! I like things similar to the above because I can wash them myself and feel extra secure about them.

### **Pre-made Treats/Snack Items/Candy**

- Chocolate – Pascha brand is my favorite & labels – it's also fair trade (sold at Kroger, Rainbow Blossom, Whole Foods), Ghirardelli Chocolate labels for 'may contain', I do trust Hershey's for labeling- they will always put a 'may contain' if it 'may contain' so this helps find safe candy since they own so many brands such as York Peppermint Patties, Cadbury, Rolo, Whoppers, etc.
- Pre-made treats- Enjoy Life brand (EVERYTHING is top 8 allergen free), Mi-Del Ginger Snaps Gluten-Free (check label for 'may contain'), Tate's Gluten Free cookies, Walters Shortbread Cookies, the Kroger brand Simply Organic will label for 'may contain' sometimes (I've had their version of Oreos), Back To Nature - I call/email but normally trust the labeling. CVS Gold Emblem Chocolate Topped Butter Cookies are labeled, Lofthouse brand cookies in the Deli section of stores are sometimes labeled 'peanut free facility', same with a lot of "Two-Bite brand snacks like mini muffins, cookies, cupcakes, brownie bites, etc. Kroger Brand "Private Selection" Palmier's are labeled 'may contain' and normally peanut-less. Abe's muffins at Whole Foods - peanut-free & vegan & tasty. Nature's Bakery Fig & Brownie Bars have a disclaimer on their website saying nut-free/peanut-free. Louisville Vegan Jerky is made in a nut-free facility. Here are some photos to help the visual people out there recognize the brands:



- Nuts- I get all from Trader Joes and call on them, last I checked their walnuts and pecans were peanut-free suppliers! Peanut-free facility pistachios I've found at CVS. Blue Diamond brand almonds label as peanut free facility and they make a variety of flavors, not to be confused with 'Diamond' brand almonds. Example:



- Nut Butter- Costco brand Almond Butter labels, Barney Almond Butter is peanut-free, Wowbutter is peanut-free
- Candy- Yum Earth is a peanut-free candy brand found often in Louisville at TJMaxx & Rainbow Blossom! Jelly Belly's - peanut free & will label this way. Junior Mints are always peanut-free, ALL Tootsie products are peanut-free, Hershey's brand labels for peanuts via 'may contain' so anything by them you can trust such as Twizzlers, Jolly Ranchers, and Good & Plenty.



**Flour/Mixes** that normally are peanut-less when I call are–

- Hodgson Mills
- Martha White
- King Arthur Flour
- Bob's Red Mill flours - all their stuff is a peanut free facility
- Jiffy brand for cornmeal/muffins
- Sticky Fingers scones brand normally label for 'may contain'.
- Krusteaz brand also normally labels and makes lots of boxed items.
- Pre-made refrigerated - Pillsbury labels for things such as refrigerated pie crust and pizza crust- you have to be careful of some of their stuff, most of it does not have a 'may contain' label, so I always call and ask "are peanuts in the facility with this item barcode?"
- Annie's Organic Cinnamon Rolls (refrigerated) label and I trust it, when I call on these normally they are peanut-less.
- De Wafelbakkers Frozen Pancakes (Kroger, Walmart) labels 'peanut free kitchen'
- Ghirardelli Brownie Mix always labels & I trust it
- Betty Crocker usually labels - I call/email on them



### Spices

- McCormicks is the only spice brand I know of that states the facility is peanut-free when I call, but with that being said, if you are reading this as a friend/family member of mine, I can always supply the spices to cook with, since we have a variety at home!
- Trader Joe's brand you can call on any spices

### Pasta

- Barilla brand we use for almost everything
- Jovial gluten free pasta (sold at Kroger) is a great rice noodle alternative for asian dishes
- Delallo make orzo pasta and gnocchi- I always call but they're usually peanut-less
- I have come across kroger brand pasta's labeled for peanut free facility or "may contain" and not using peanuts, so I'm always finding new products!
- Frozen pasta's and regular bagged pasta/gnocchi at trader joe's can be called on at the product phone # listed above.

### Pasta Sauce/Condiments

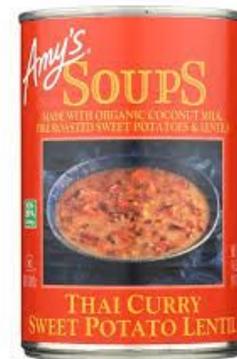
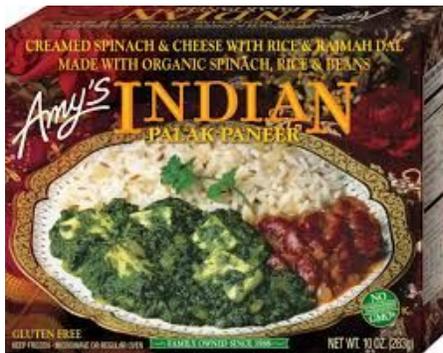
- Rao's brand is expensive but delicious pasta sauce, peanut-free facility usually when I call so we trust it
- We'll also use Hunts canned tomato sauce and make our own pasta sauce or contact Trader Joe's products.
- Hunts Ketchup
- Best Boy Mustard brand
- Brianna's Salad Dressing (we have a bunch usually so I can always supply this)
- I do not usually check on canned pickles or olives but I never buy anything from an olive bar or any type of pre-made set up similar due to cross-contamination.
- Hellman's Mayo
- Sriracha and Cholula hot sauce
- Cascadian Farm Jelly
- Polaner All Fruit Jam (sold at Kroger)
- Trader Joe's Fruit Jam/Jelly - I call on each one, the reduced sugar ones usually are peanut-free
- Kikkoman soy sauce (none of these label for may contain, you likely have to contact)
- Hidden Valley Ranch - we trust it, I call every so often



### Soups/Premade Lunch/Dinner Meals

- Amy's Kitchen soups/pizza/frozen meals- all peanut free and labeled this way, I do avoid their stuff with cashews
- Simple Truth Organic Vegetable Broth - labels for 'may contain' and doesn't use peanuts

A few of my favorites in visual form:



### Food Coloring

- McCormicks
- Betty Crocker - usually they label

### Tea

- Traditional Medicinals & Yogi are my two go-to store brands, then I normally look for tea made in Canada at Target.
- The Tea Spot brand responds to e-mails and last I checked was peanut-free.
- Elmwood Inn Fine teas are sold select places in Louisville and are in Danville, KY - peanut free facility
- Trader Joe's - can call with product phone # and inquire



### Baking Soda/Making Ingredients

- Arm & Hammer brand, although we use Kroger baking soda and powder though with no issues before
- Dominos Sugar
- Simply Organic White Sugar & Simple Organic Coconut Sugar I call on but has been peanut free in the past (Kroger)
- Chocolate Chips – Ghirardelli labels for 'may contain', I've found some Private Selection brand that say 'may contain', Enjoy Life brand is top 8 allergen free and peanut-free facility on all their stuff (these can often be found in the gluten-free/diabetic section of the grocery/Kroger instead of with other chocolate chips), for some unique flavors the brand at Whole Foods Guittard has a bunch that label as 'peanut-free facility'



- Trader Joe's - I'll call on all the above type of products and inquire

### Cereal/Oats

- Cascadian Farms - usually labels
- Trader Joe's - I call on it
- Trader Joe's Oatmeal - I call on it
- Bobs Red Mill - always peanut free
- I do occasionally trust Quaker but since they don't label for 'may contain' I normally avoid to not have to constantly call to check each individual product.



**Oil - \*generally I call on each type before buying**

- Crisco for vegetable and canola oil
- Bertolli brand
- Kroger brand olive oil

\*we avoid anything with peanut oil or that is 365 brand- I've found 365 Whole Foods brand does not label well in general across the board

**Chips/Pretzels**

- Frito lay brand - always labels, always peanut free
- Santitas Corn Chips (owned by Frito Lay)
- Rold Gold pretzels are labeled
- Pirates Booty sometimes labels for 'peanut free facility' - usually I call/email
- Pop Secret popcorn
- Skinny Pop is peanut-free
- Snyder's pretzels is becoming peanut-free on some items and labels accordingly
- Moon Cheese is a peanut-free facility it shows it on their site FAQ (as of Dec 2019)
- Trader Joe's Veggie Chips - call on them individually



**Rice/Grains/Legumes**

- Lundburg Rice– they also make risotto!
- Bob's Red Mill

- Tru Roots Accents Quinoa Trio is labeled peanut-free facility
- Dried beans by Goya at Kroger are labeled for may contain
- Bobs Red Mill labels as peanut-free, they also make lots of other things such as rice, millet, coconut flour, cornmeal, etc.
- Trader Joe's - call on each item in question
- I usually don't call on any canned items, so I do those but will rinse them!

### **Icing**

- Betty Crocker - they usually label but otherwise I call on it
- Trader Joe's - I always call on it

### **Meat Alternatives**

\*I have to call on all, none label, but we have trusted in the past after calling or emailing:

- Quorn
- Morning Star
- Boca
- Tofurky
- Nasoya tofu
- Field Roast
- Gardein

### **Dairy**

- Regular milk, I haven't called on it in a while, we usually use Simply Organic from Kroger
- So Delicious Coconut Milk if labeled as peanut-free facility (usually it is)
- I do not usually check on containers of ricotta, cottage cheese or sour cream
- For cream cheese I use Philadelphia, they only use tree nuts not peanuts in facilities
- I use real butter from all brands (normally organic and whatever is cheapest)
- Olivio margarine - I call on it, in the past it's been peanut-free
- Cheese in block form at the store is normally fine, not from the deli section, but pre-sliced cheese can be cross-contaminated with peanuts. We only use Sargento if it is shredded or sliced.
- Trader Joe's on their deli type wrapped cheeses since they have the convenient phone line. I'll call/email on most cheese at kroger.



## Breads

- Dave's Killer Super Seed bread labels
- California Sourdough labels for 'may contain'
- La Brea Bakery labels for 'may contain'
- A lot of target brand stuff is labeled that is Archer Farms, the brand is Canadian and they have MUCH better labeling laws in Canada- Archer Farms has labeled mini bagels, mini scones, and biscotti!
- Stonefire naan labels
- Ezekiel bread (in the frozen section usually)
- Simply Organic at Kroger labels typically
- I've found random bread by Private Selection at Kroger as well that have a 'may contain' statement.
- Sister Schuberts Dinner rolls (and possibly all rolls by them) are peanut-free
- Aunt Millie's for sandwich bread (sold at Kroger, sometimes tricky to find in the aisle but is there! And they have hot dog buns, hoagie buns, burger buns, too)



## Crackers

- Many Trader Joe's crackers are labeled and safe - can call on those individually
- DARE brand crackers (shown below) labels for peanut-free facility (plus a coupon is normally printed inside the box!) and they have many types such as water crackers/cabaret/whole grain, etc at Kroger.
- Snack Factory Pretzel Crisps - many say peanut-free facility that are savory flavors
- Carr's water crackers are labeled & I trust them

