

# PRODUCTS GUIDE FOR FRIENDS AND FAMILY

I use this to help point myself, friends, family, and anyone who asks in a safe direction!



Guide Current as of: March 2020

## Important Preface/Disclaimer

- This PDF can be used as a rough guide - I often will call/email on every product or product brand individually each time I purchase it, unless I very recently called or emailed about it and the barcode is the same. I will want to at least see the packaging myself if I'm eating a product that someone else purchased.
- For those with allergies - please only use this as a guide to finding products that may work for you. Check all products on your own before consuming.
- I try to find products that I know are in a "peanut-free facility" or are labeled for being in a facility that does not use peanuts. Another way to check on a product or brand is to look at the website and see if they have a FAQ with information about peanuts/nuts in the facility. Sometimes sites will discuss allergens in their FAQs, and will say something like, "all of our products are made in a facility free from peanuts and tree nuts".
- If I am unfamiliar with a new product, I look to see if it has a 'may contain' statement that doesn't say 'may contain: peanuts". In the U.S. if a product does not say 'may contain' a good rule of thumb is to proceed as if it might be contaminated. However, cross-contamination chances are often lower if it says 'may contain' or if it lists what is in the facility or on shared equipment. Unfortunately, this does not guarantee that something is 100% safe. Sadly, these additional labelings such as, 'may contain' 'peanut free' 'shared equipment as: \_\_\_\_\_' is not regulated in the United States and it is completely voluntary for a company, not mandatory, and there is no one checking the validity or setting standards as to what "peanut free" means. Even if it says 'may contain: milk' I will contact the company and inquire what is in the facility. Example: it could mean they make something on shared equipment with peanuts and clean it afterwards, so they don't consider it to "may contain peanuts" any longer, or it could mean they don't use peanuts in the facility, so I like to 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](tel:5265993817) open Pacific Standard time zone, Mon-Fri 6-6pm PST. I call during the week while at the store, I will fill my cart of items and then 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 put back products accordingly.
- I generally 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 items myself before eating, like washed baby carrots, spinach, salad, etc. 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. I wash everything really well in a non-contaminated space and with a non-contaminated sponge/brush.

- I prefer to use my own bowls, plates, cookware, utensils, baking trays, skillet, sponges, and/or wash my own glasses/utensils/plates before eating at someone's home due to cross contamination. I'm always happy to bring my own cookware 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, or from a bowl/plate, due to contamination risk. Right now, I usually will only eat something homemade if it's from a close family member I can trust, where I know they don't keep anything with peanuts in their home (including things like dog treats containing peanut butter). Otherwise, I will bring my own food!
- The two brands Amy's Kitchen and Annie's Organic often get confused, but Amy's Kitchen is peanut free. Annie's Organic products I do not trust, as they refuse to release information about if peanuts are on shared equipment or not.
- I personally avoid eating other tree nuts inside food items most of the time as a personal precaution, since often they're on shared equipment as peanuts.
- This list is not every brand I have ever eaten. These are the brands that I find in stores more consistently, and also brands that I personally enjoy and want to eat again.
- I have this list broken up two ways: by food type and by stores you can typically find them at!
- I usually don't call on any canned items, so I will use them but will rinse them!
- I do not usually check on containers of dairy like ricotta, cottage cheese or sour cream, I do check on cream cheese, I trust Philadelphia brand & I don't usually call on dairy milk or real butter.

## Fresh Food

When it comes to fresh food, I love it! Especially due to the 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, blueberries, strawberries, raspberries, cherries, celery, cherry tomatoes, unpeeled banana, unpeeled whole clementines, unpeeled whole kiwis, and apples! I like things similar to the above because I can wash them myself before eating them and feel extra secure about them.

Other savory fresh foods that are easy to suggest to someone to have on-hand for a meal or snack - whole sweet potatoes (I bake them or microwave them after washing them well, and top with butter and salt & pepper), avocados whole and unpeeled, and anything that can be roasted

easily like butternut squash, zucchini, yellow squash, is great! I try to eat a lot of fresh foods at home since once I wash them, they're likely safe.

## Pre-made Treats/Snack Items/Candy

### Chocolate

Pascha brand is my favorite & labels – it's also fair trade

Ghirardelli Chocolate labels for 'may contain'

Hershey's labels for 'may contain' (they own so many brands such as York Peppermint Patties, Cadbury, Rolo, Whoppers, and more)

### Chocolate Chips

Ghirardelli labels for 'may contain'

Private Selection Kroger brand sometimes labels for 'may contain'

Enjoy Life brand (these can often be found in the gluten-free/diabetic section of the grocery/Kroger instead of with all other chocolate chips- depends on the store)

Guittard brand has a bunch of flavors, and they label as 'peanut-free facility' (often at Whole Foods or Rainbow Blossom)

Gerbs Allergy Friendly Foods - online seller, sells chocolate chips and other similar items

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



### Pre-made treats

Enjoy Life brand

Mi-Del Ginger Snaps Gluten-Free (check label for 'may contain')

Tate's Gluten Free cookies (check label for 'may contain')

Walters Shortbread Cookies

Kroger brand Simply Organic will label for 'may contain' sometimes (I've had their version or Oreos)

CVS Gold Emblem Chocolate Topped Butter Cookies are labeled 'may contain'  
Lofthouse brand cookies in the Deli section Kroger -sometimes labeled 'peanut free facility',  
"Two-Bite" snacks like mini muffins, cookies, cupcakes, brownie bites, are at Kroger/Target  
Kroger Brand "Private Selection" Palmier's (in Deli/bread area) are labeled 'may contain'  
Abe's muffins at Whole Foods - peanut-free & vegan & tasty  
Nature's Bakery Fig & Brownie Bars have a disclaimer on their website under FAQs saying  
nut-free/peanut-free  
Louisville Vegan Jerky is made in a nut-free facility  
Cookie It Up - MY FAVORITE SHORTBREAD COOKIES - peanut-free & canadian (hard to find  
in stores, only have seen them occasionally at TJMaxx)  
Better Bites Bakery items (usually at Whole Foods in deli or cookie area) - top 8 free, they make  
cookie dough bites & cupcakes, etc  
Free2Eat Cookies (Kroger, Whole Foods, TJMaxx) - top 8 free  
Goodie Girl Cookies (Kroger, Whole Foods, TJMaxx) - peanut-free, make Girl Scout types!  
Bard Valley Natural Delights Medjool Dates - pre-packaged dates labeled  
SuperSeedz - Gourmet Pumpkin Seeds - peanut free facility  
Somersaults - Sunflower Seed Crunchy Bites - label for facility & sold at Whole Foods  
Trader Joe's Fresh Mozzarella Sticks - tastier than regular string cheese in my opinion!

Here are some photos to help the visual people out there recognize the brands:





## Nuts

I get all types from Trader Joes and call on them, last I checked their walnuts and pecans were peanut-free suppliers!

Emblem CVS brand Shelled Pistachios label on the bag no peanuts in facility

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  
Sunbutter brand 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 for it

Junior Mints are always peanut-free

Tootsie products are all 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

Hodgson Mills

Martha White

King Arthur Flour

Bob's Red Mill flours - all their products are in a peanut free facility - they have TONS of flours

Gerbs Allergy Friendly Foods - online seller, they sell all types of dried fruits, seeds, grains, etc!

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 same facility with this item barcode?"

De Wafelbakkers Frozen Pancakes (Kroger) labels 'peanut free kitchen'

Ghirardelli Brownie Mix always labels & I trust it  
Betty Crocker usually labels - I call/email on them  
Pearl River Mini Cheesecakes (in fridge section at Whole Foods) usually peanut-free labeling



## 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 large variety at home!

Trader Joe's brand you can call on any spices - a good place to get salt & pepper

We trust most salt brands, but I do call on them occasionally depending on where it is from  
Gerbs Allergy Friendly Foods - online seller, they sell 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 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

Bianna'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



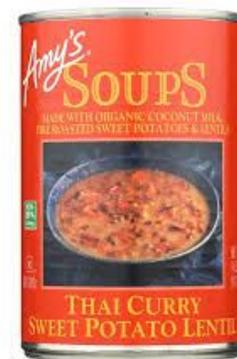
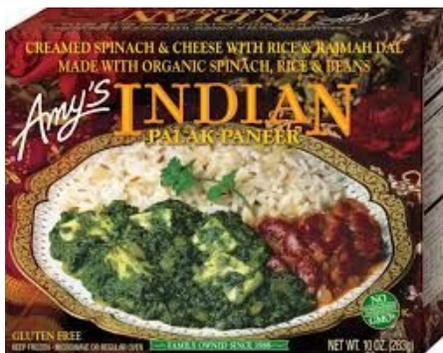
## Soups/Premade Lunch/Dinner Meals

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

Trader Joes makes a bunch of frozen meals - I call on each one before buying

A few of my favorites in visual form:



## Food Coloring

Mccormicks

Betty Crocker - usually they label

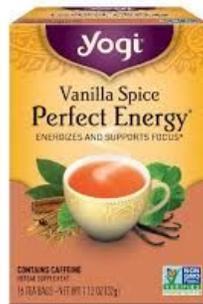
## Tea

Numi Organic, Traditional Medicinals & Yogi are my go-to store brands, then I normally look for tea made in Canada at Target.

The Tea Spot brand responds to emails 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)

## Cereal/Oats

Cascadian Farms - this brand usually labels

Trader Joe's - I call on it

Gerbs Allergy Friendly Foods - online seller, sells granola

Trader Joe's Oatmeal - I call on it

Bob's Red Mill - always peanut free, I love their muesli!

I do 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 brand before buying

Crisco for vegetable and canola oil

Bertolli brand

Kroger brand olive oil - we trust it

California Olive Ranch Extra Virgin Olive Oil - called and last time was peanut free

Trader Joe's Coconut Oil - call each time

\*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 - all 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 Vegetable Root Chips - I call on them individually



## Rice/Grains/Legumes

- Lundberg Rice– they also make risotto!
- Bob's Red Mill
- TruRoots Accents Quinoa Trio is labeled peanut-free facility
- Dried beans by Goya at Kroger are labeled for may contain
- Bob's 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

- Quorn (for most of these I have had to call or check their brand website for FAQs)
- Morning Star
- Boca
- Tofurky
- Nasoya tofu
- Gardein
- Field Roast labels usually for no peanuts in facility

## 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 brand, 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 will 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, because pre-sliced cheese can be cross-contaminated with peanuts. We only use Sargento if it is shredded or sliced.
- \*I will also eat block cheese if I can cut off all the exposed exterior part where it may have been handled by someone else in a deli.
- Trader Joe's on their deli type wrapped cheeses since they have the convenient phone line. I'll call/email on most cheeses 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 Schubert's 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)



- Ghirardelli Chocolate candy & chocolate chips (labels for 'may contain')
- Hershey's (labels for 'may contain' - they own many sub brands such as York Peppermint Patties, Cadbury, Rolo, Whoppers, etc)
- Enjoy Life brand (everything is safe & top 8 free - makes cookies, chocolate chips, protein bites, trail mix, and more)
- Tate's Gluten-Free cookies
- Lofthouse cookies in the deli will say "peanut free facility"
- Private Selection chocolate chips - sometimes label for 'may contain'
- "Two bite" snacks like mini muffins, cookies, cupcakes, brownie bites will label
- Private Selection Palmiers (great with tea! Usually labeled for may contain)
- Nature's Bakery Fig & Brownie Bars have a disclaimer on their website under FAQs saying nut-free/peanut-free
- Blue Diamond brand almonds label as peanut free facility and they make a variety of flavors, not to be confused with 'Diamond' brand almonds
- Jelly Belly's - peanut free & will label for it
- Junior Mints are always peanut-free
- Tootsie products are all 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
- Bob's Red Mill Flours (all their products are peanut-free facility)
- Hodgson Mills Flour
- Martha White Flour
- King Arthur Flour
- Jiffy brand cornmeal/muffins
- Krusteaz brand normally labels and makes lots of boxed items
- Bard Valley Natural Delights Medjool Dates - pre-packaged dates labeled
- 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 same facility with this item barcode?"
- 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
- McCormicks spices are a peanut-free facility
- Barilla brand pasta we use for almost everything
- Jovial gluten free pasta (sold at Kroger) is a great rice noodle alternative for asian dishes
- Delallo makes orzo pasta and gnocchi- I will call but they're usually peanut-less or it states on their website their allergens in the facility
- 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!
- Rao's Pasta Sauce - expensive but peanut-free facility usually when I call
- Hunts Ketchup
- Best Boy Mustard brand
- Brianna's Salad Dressing (we have a bunch usually so I can always supply this)

- Hellman's Mayo
- Sriracha and Cholula hot sauce
- Cascadian Farm Jelly
- Polaner All Fruit Jam
- Kikkoman Soy Sauce
- Hidden Valley Ranch
- 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
- McCormick's Food Coloring
- Betty Crocker Food Coloring- usually they label
- Numi Organic Tea, Traditional Medicinals Tea & Yogi Tea
- Dominos Sugar
- Arm & Hammer brand baking soda/powder
- Simply Organic White Sugar & Simple Organic Coconut Sugar - I call on but has been peanut free in the past
- SuperSeedz - Gourmet Pumpkin Seeds - peanut free facility
- Cascadian Farm cereal
- Bob's Red Mill oats & cereals
- Crisco for vegetable and canola oils
- Bertolli Olive Oil
- 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
- California Olive Ranch Extra Virgin Olive Oil
- Frito Lay brand - all 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)
- Lundberg Rice- they also make risotto!
- TruRoots Accents Quinoa Trio is labeled peanut-free facility
- Dried beans by Goya are labeled for 'may contain'
- Bob's Red Mill is peanut-free, they also make rice, millet, coconut flour, cornmeal, etc.
- Betty Crocker Icing/Frosting - they usually label but otherwise I call on it
- Quorn meat alternative (for most of these meat alternative brands below I have had to call or check their brand website for FAQs)
- Morning Star meat alternative
- Boca meat alternative
- Tofurky meat alternative

- Nasoya tofu
  - Gardein meat alternative
  - Field Roast meat alternative labels usually for no peanuts in facility
  - Free To Eat Cookies - top 8 free (Cybele's is another company name they go by)
  - Goodie Girl Cookies - peanut-free, make Girl Scout type cookies
  - So Delicious Coconut Milk if labeled as peanut-free facility
  - So Delicious Coconut Coffee Creamer if labeled as peanut-free
  - Philadelphia Cream Cheese
  - Sargento Sliced or Shredded Cheese
  - So Delicious Yogurt Alternatives
  - Dave's Killer Super Seed bread labels
  - California Sourdough labels for 'may contain'
  - La Brea Bakery labels for 'may contain'
  - Stonefire naan labels
  - Ezekiel bread (in the frozen section usually)
  - Simply Organic at Kroger labels typically
  - Private Selection at Kroger as well that have a 'may contain' statement.
  - Sister Schubert's Dinner rolls (and possibly all rolls by them) are peanut-free
  - Aunt Millie's for sandwich bread (sometimes tricky to find - they have hot dog buns, hoagie buns, burger buns, too)
  - Veggies Made Great - frozen muffins & frittatas - usually label
  - Made Good snacks - peanut-free/allergy free
  - Snack Factory Pretzel Crisps - many say peanut-free facility that are savory flavors
  - DARE brand crackers 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.
  - Carr's water crackers are labeled
  - Boursin Cheese Spread - eaten for years & never have reacted
  - I use real butter from all brands (normally organic and whatever is cheapest) - I prefer Simple Truth Organic from Kroger
  - Olivio margarine - I will 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, because pre-sliced cheese can be cross-contaminated with peanuts. We only use Sargento if it is shredded or sliced.
- \*I will also eat block cheese if I can cut off all the exposed exterior part where it may have been handled by someone else in a deli, like the Kroger Cheese area

## Trader Joe's

- I get all my tree nuts from Trader Joes and call on them, last I checked their walnuts, hazelnuts, and pecans were peanut-free suppliers, but you want to call each time

- Their items are always changing - so as I stated in the above 'Importance Preface' I will call their product line on everything, even if it is labeled for 'may contain' - [\(526\) 599-3817](tel:5265993817)
- Some favorite items of mine I've had from there that were safe in the past:
  - Elote Corn Chip Dippers*
  - Trader Joe's Coconut Oil*
  - Vegetable Root Chips*
  - Vegetable Fried Rice (frozen) & Japanese Style Fried Rice*
  - Trader Joe's Cookie Butter Ice Cream*
  - Trader Joe's Ice Cream Bon Bons*
  - Pre-packaged Cheeses from their Cheese section*
  - Hummus*
  - Nutritional Yeast*
  - Various Deli Items such as breads, donuts, bagels, naan*
  - Spices & Seasoning (salt and pepper)*
  - Olives (jar)*
  - Jelly/Jams*
  - Organic Oats & Flax Oatmeals*
  - Maple & Pecan or Almond & Vanilla Cereals*
  - Coconut Cream (in a can)*
  - Trader Joe's Fresh Mozzarella Sticks (refrigerated cheese section)*
  - Vegetable Birds Nests with Soy Sauce (frozen appetizer/snack)*
- Ezekiel bread (in the frozen section usually) (they do sell some brands not their own)
- Enjoy Life Protein Bites (my favorite are the dipped banana)

Some items to see visually:



## TJMaxx

- Ghirardelli Chocolate (labels 'may contain' for candy, doesn't always apply to baking chocolate)
- Cookie It Up - MY FAVORITE SHORTBREAD COOKIES - peanut-free & canadian (hard to find in stores)
- Walters Shortbread cookies
- Barney Almond Butter is peanut-free
- Sticky Fingers scones brand normally label for 'may contain'
- YumEarth brand candy is peanut-free
- Jelly Belly products are all peanut-free (exception if sold at Costco, those are not)
- Numi Organic Tea
- Free To Eat Cookies - top 8 free (Cybele's is another company name they go by)
- Goodie Girl Cookies - peanut-free, make Girl Scout type cookies
- Carr's water crackers are labeled
- DARE brand crackers

\*Since they sell a variety of foods and carry different things at all times, it's hard to find certain items, but I always check their food section since it is a lot of international brands and other countries tend to label better than we do in the US - I find lots of safe brands here, but usually once I get them, they're never there again.

## Rainbow Blossom

- Pascha Chocolate
- Enjoy Life brand (everything top 8 free - I can always find their safe trail mix here)
- Tate's Gluten-Free cookies
- Guittard chocolate chips - has a bunch of flavors, says "peanut free facility"
- Louisville Vegan Jerky is made in a nut-free facility
- Barney Almond Butter is peanut-free
- YumEarth brand candy is peanut-free
- Bob's Red Mill Flours (all their products are peanut-free facility)
- Amy's Kitchen soups/pizza/frozen meals- all peanut free and labeled this way, I do avoid their stuff with cashews
- Numi Organic Tea, Traditional Medicinals Tea & Yogi Tea
- Cascadian Farm cereal
- Bob's Red Mill oats & cereals
- Pirates Booty brand cheese puffs
- Bob's Red Mill also makes rice, millet, coconut flour, cornmeal, etc
- Quorn meat alternative (for most of these meat alternative brands below I have had to call or check their brand website for FAQs)
- Morning Star meat alternative

- Tofurky meat alternative
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- Goodie Girl Cookies - peanut-free, make Girl Scout type cookies
- So Delicious Coconut Milk if labeled as peanut-free facility
- So Delicious Coconut Coffee Creamer if labeled as peanut-free
- Made Good snacks - peanut-free/allergy free
- Nature's Bakery Fig & Brownie Bars have a disclaimer on their website under FAQs saying nut-free/peanut-free
- SuperSeedz - Gourmet Pumpkin Seeds - peanut free facility

## Whole Foods

- Pascha Chocolate
- Somersaults - Sunflower Seed Crunchy Bites - label for facility
- Enjoy Life brand (everything top 8 free)
- Tate's Gluten-Free cookies
- Guittard chocolate chips - has a bunch of flavors, says "peanut free facility"
- Abe's mini muffins
- Nature's Bakery Fig & Brownie Bars have a disclaimer on their website under FAQs saying nut-free/peanut-free
- Louisville Vegan Jerky is made in a nut-free facility
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- Best Boy Mustard brand
- Brianna's Salad Dressing (we have a bunch usually so I can always supply this)
- Amy's Kitchen soups/pizza/frozen meals- all peanut free and labeled this way, I do avoid their stuff with cashews
- Skinny Pop Popcorn
- Quorn meat alternative (for most of these meat alternative brands below I have had to call or check their brand website for FAQs)
- Morning Star meat alternative
- Boca meat alternative
- Tofurky meat alternative
- Nasoya tofu
- Gardein meat alternative
- Field Roast meat alternative labels usually for no peanuts in facility

- Pearl River Mini Cheesecake (in fridge section) usually peanut-free labeling
- Made Good snacks - peanut-free/allergy free
- Better Bites Bakery items (usually in deli or cookie area) - top 8 free, they make cookie dough bites & cupcakes, etc
- Free To Eat Cookies - top 8 free (Cybele's is another company name they go by)
- Goodie Girl Cookies - peanut-free, make Girl Scout type cookies
- So Delicious Coconut Milk if labeled as peanut-free facility
- So Delicious Coconut Coffee Creamer if labeled as peanut-free
- So Delicious Yogurt Alternatives
- Stonefire Naan labels
- Ezekiel bread (in the frozen section usually)
- Dave's Killer Super Seed bread labels
- DARE brand crackers
- SuperSeedz - Gourmet Pumpkin Seeds - peanut free facility

## CVS

- Ghirardelli Chocolate (labels for 'may contain' on candy)
- Enjoy Life brand (everything top 8 free)
- Tate's Gluten-Free cookies
- Walters Shortbread cookies
- Gold Emblem Chocolate Topped Butter Cookies
- Emblem CVS brand Shelled Pistachios label on the bag no peanuts in facility
- Blue Diamond brand almonds label as peanut free facility and they make a variety of flavors, not to be confused with 'Diamond' brand almonds
- Barney Almond Butter is peanut-free
- Jelly Belly's - peanut free & will label for it
- Junior Mints are always peanut-free
- Tootsie products are all 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
- Frito Lay brand - all peanut free
- Pirates Booty sometimes labels for 'peanut free facility' - usually I call/email
- Pop Secret popcorn
- Skinny Pop is peanut-free
- Moon Cheese is a peanut-free facility it shows it on their site FAQ (as of Dec 2019)
- Betty Crocker Icing/Frosting- they usually label but otherwise I call on it
- Harvest Snap Green Peas - on website FAQs lists no peanuts
- Made Good snacks - peanut-free/allergy free

## Target

- Archer Farms - Boston Cream Donuts, Frozen Pizzas, pretzel bread, biscotti, scones, bread, mini bagels, brownies, all these types of products are typically made in Canada and labeled for “may contain” - however I often call if no “may contain is listed, and inquire on the barcode and it can take 1-3 day turnaround to hear back
- Blue Diamond brand almonds label as peanut free facility and they make a variety of flavors, not to be confused with ‘Diamond’ brand almonds
- Barney Almond Butter is peanut-free
- Wowbutter is peanut-free
- Sunbutter brand is peanut-free
- King Arthur Flour
- Amy’s Kitchen soups/pizza/frozen meals- all peanut free and labeled this way, I do avoid their stuff with cashews
- Lundberg Rice
- Bob’s Red Mill flour, oats, and products
- Sister Schubert’s Dinner rolls (and possibly all rolls by them) are peanut-free
- Snack Factory Pretzel Crisps - many say peanut-free facility that are savory flavors

## Costco

- Boudin Bakery Sourdough (our favorite) usually labels peanut-free
- Kirkland brand Almond Butter labels
- Krusteaz brand normally labels and makes lots of boxed items
- Rao’s Pasta Sauce - expensive but peanut-free facility usually when I call
- Hidden Valley Ranch
- Made Good Granola Bites snacks - peanut-free
- Veggies Made Great - frozen muffins & frittatas - usually label
- Harvest Snap Green Peas - on website FAQs lists no peanuts
- Nature’s Bakery Fig & Brownie Bars have a disclaimer on their website under FAQs saying nut-free/peanut-free
- Pirate’s Booty cheese puffs
- Skinny Pop Popcorn