

Nut-Free Pantry Starter List

100% Peanut & Tree Nut Free Essentials for Families

Breakfast Staples

- Cheerios (original)
- Life Cereal
- Barbara's Puffins
- Rice Chex
- MadeGood Granola Minis & Bars
- Enjoy Life Breakfast Ovals
- 88 Acres Seed + Oat Bars
- SunButter
- WOWBUTTER (soy-based PB alternative)

Lunch + Snack Shelf

- Bitsy's Cheddar Crackers
- Annie's Cheddar Bunnies
- Pirate's Booty
- SkinnyPop Popcorn Packs
- Late July Mini Peanut-Free Sandwich Crackers
- GoGo Squeez Applesauce
- Annie's Fruit Snacks
- Raisels
- That's It Fruit Bars
- Vermont Turkey Sticks
- Chomps Beef Sticks
- Organic Valley Cheese Sticks

Treats & Sweets

- Enjoy Life Soft Baked Cookies
- Cybele's Free-to-Eat Cookies
- MadeGood Mini Cookies
- Free2b Sun Cups
- YumEarth Organic Lollipops
- Smarties
- Tootsie Rolls
- Skittles

Baking Staples

- King Arthur All-Purpose Flour (nut-free facility)
- Enjoy Life Muffin & Brownie Mixes
- Cherrybrook Kitchen Baking Mixes
- Enjoy Life Mini Chocolate Chips
- Dandies Vegan Marshmallows

- 88 Acres Seed Butter Cups

Drinks & Boxes

- Honest Kids Juice Pouches
- Horizon Organic Milk Boxes
- Ripple Kids Plant-Based Milk
- Yoo-hoo (confirm nut-free status on packaging)

Tips for Safer Shopping

- Look for “made in a nut-free facility” labels
- Avoid products with “may contain traces of nuts” unless verified safe
- Bookmark brands like: MadeGood, Enjoy Life, Free2b, YumEarth, 88 Acres
- Use apps like Spokin to double-check allergy info

Always double-check labels — manufacturers can change ingredients or processes at any time.