

# ACCEPTABLE TREATS, BAKING INGREDIENTS AND SANDWICH FILLERS

## Treats:

- ❖ TWIST or TWIZZLER red licorice
- ❖ Suckers (**NOT THE KERR'S BRAND**)
- ❖ Christie Products (crispers, cheese bits, cheese sticks, soda crackers, premium plus crackers, ritz, cheese ritz, teddy grahams, animal crackers, oreo cookies, arrowroot cookies, chocolate chip cookies, rice things (THE MINI OREOS, RITZ CHEESE SANDWICHES AND PEANUT BUTTER SANDWICHES **ARE NOT SAFE**))
- ❖ Great Value brand products (various)
- ❖ Presidents Choice brand products (various)
- ❖ Gala crackers
- ❖ Master Choice crackers
- ❖ Added Touch Cake Mixes (golden, chocolate, white), brownie mix
- ❖ Betty Crocker cake mixes and Betty Crocker ready made icings
- ❖ Chapman's or the No-Name brand from Independent Grocers: These are safe Ice Cream brands (Vanilla, chocolate, or napoleon)
- ❖ Coloured Marshmallows (IGA or Fireside brands)
- ❖ Kellogg's Nutri-Grain cereal bars or twists
- ❖ Kellogg's pop tarts
- ❖ Kellogg's Rice Krispies (original only)
- ❖ MARIA cookies
- ❖ Sunmaid raisin boxes
- ❖ Dunkaroos
- ❖ Amway --fruit creme cookies, chocolate chip, and oatmeal raisin cookies
- ❖ Betty Crocker Fruit roll-ups
- ❖ Our Compliments fruit roll ups
- ❖ Our Compliments Rice Cakes
- ❖ Quaker Rice Cakes and mini-rice cakes
- ❖ Time-Out Chocolate bars
- ❖ Aero. Coffee Crisp, Dipped, Mini Fruits, Minis, Morning Snack and Soft Granola
- ❖ IGA soda crackers
- ❖ Jello pudding snacks or gel cups
- ❖ Hunts Pudding snacks
- ❖ Lays Potato Chips, Original Munchies, Pringles chips
- ❖ Popcorn
- ❖ Rocket Candy Rolls
- ❖ Viau McCormicks Wagon Wheels
- ❖ Touche biscotti, meringues, cookies and cakes

**ABSOLUTELY NO candies or foods allowed from Bulk Barn  
Or Bulk Food sections of stores**

**Be Allergy=Aware**

(taken from <http://foodallergycanada.ca/about-allergies/food-allergens/peanuts>)

- Read ingredient labels every time you buy or eat a product.
- Do **The Triple Check** and read the label
  - Once at the store before buying it.
  - Once when you get home and put it away
  - Again before you serve or eat the product.
- Check with the manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying products from abroad since labelling rules differ from country to country.

## Healthy snacks for recess and treats for school parties

(Taken from <https://eatrightontario.ca/enArticles/Food-allergies-intolerances/Peanut-free-lunches-and-snacks.aspx>)

These foods generally do not contain peanuts or peanut products. Always read food labels to be sure:

- Fresh fruit, fruit cups
- Dried fruit (raisins, dried apricots, dried cranberries), 100% fruit leathers
- 100% fruit juices
- Fresh veggies
- Milk and chocolate milk
- Plain low fat cheese
- Low sodium pretzels
- Plain popcorn
- Whole grain crackers
- Home made trail mix (without peanuts or other nuts)
- Yogurt
- Fruit juice popsicles
- Homemade muffins or baked goods made without peanuts or peanut oil

### What to avoid

Avoid packing or using these foods because they contain or may contain peanuts. This is not a complete list! Always read labels every time you go shopping since recipes and product information may change. Stricter Canadian guidelines require that peanut-containing products are clearly labelled. The ingredient list will say “contains: peanut” if it contains this ingredient.

- Foods made with peanut sauce or Szechuan sauce
- Baking mixes
- Bulk foods (there are no ingredients lists, and peanut cross-contamination can easily happen)
- Chili con carne (peanut butter may be used to thicken the chili)
- Hydrolyzed vegetable protein, hydrolyzed plant protein (used in vegetarian meat substitutes)
- Peanut butter
- Peanut oil
- Potato chips (some may be made with peanut oil)
- Salad dressings that just list “oil” (it may be made with peanut oil)

For more information visit:

<http://www.eatrightontario.ca/en/articles/food-allergies-intolerances/peanut-allergies-faqs.aspx>