

**“Safe Foods List”**  
**YMCA of Greater Charlotte Early Childhood Programs**  
**Parents: Please Post This On Your Fridge!**

Dear Parents: Many children have allergies to peanuts and “tree nuts” (walnuts, almonds, pistachios, etc.); depending on a child’s allergy level, even just having them on the table and another child putting their food in the same spot could cause a reaction. **Preschool aged children do not often know if they have an allergy to such products and if they do, they do not often remember to be careful of what foods they eat. This YMCA of Greater Charlotte children’s policy is put into place for the safety of all the children.** Please be advised of the following list of foods that are allowed. **Should your child bring an item that is not on this list and we believe that it may contain a peanut product or processed by a company who used peanut products, we will re-pack it and send it home.** We will have some of these foods on hand should this happen. Should you have any questions, please talk with a teacher. Thank you. Please note: even with the foods listed below, please always read the ingredient label. Particular brands are listed below because some of the same foods made by different companies do contain peanuts. **As a rule, please always look at the bottom of the label. In BIG BOLD BLACK PRINT, you will almost always find food allergens listed or statements claiming that the food is processed on equipment that also produces products containing these allergens.** If you are sending in an item for your child’s class for their birthday, please send in only store bought products; no homemade products will be allowed. As for cupcakes, please read labels carefully as most icing is made with peanut oil.

**NOTE: NO DUNKIN DONUTS PRODUCTS**

Safe Foods:

- Donuts – Krispy Kreme donuts
- All Fruit, Applesauce, Fruit Cups and Canned Fruit
- Puddings (Hunts Snack Pack pudding and Kraft Handi snacks puddings)
- Raisins
- Yogurt (plain yogurts without toppings are safe. Yogurts with toppings should be avoided.)

Pretzels

- Rold Gold- Classic Thins, Sticks, Rods, Regular Tiny Twists, Braided Twists Honey
- Rold Gold - Tiny Twists – Original, Cheddar, Honey Mustard
- Pepperidge Farm- Goldfish Pretzels, 100 Calorie Pouches Goldfish Pretzels

Potato Chips

- Baked Ruffles - Original, Cheddar & Sour Cream
- Baked Lay’s – Original, Sour Cream & Onion, Southwestern Ranch
- Pringles – Original, Reduced Fat, Pizza, BBQ, Loaded Baked Potato
- Pringles Mini - Original Only
- Pringles Snack Pack – Original Only, 100 Calorie Snack Packs Original

Cheese Snacks

- Baked Cheetos
- 100 Calorie Mini Bites Baked Cheetos

Crackers

- Goldfish – Original, Cheddar, Pizza, Baby Goldfish, Colors, Flavor Blasted
- Goldfish Grahams – Honey, Cinnamon, Chocolate, S’mores
- Cheese Nips- Cheddar, Reduced Fat Cheddar
- Cheez –It – Original, Reduced Fat, White Cheddar, Parmesan & Garlic, Sponge Bob Square Pants, Scrabble Junior, Party Mix
- Ritz- Original, Whole Wheat, Reduced Fat, Hint of Salt, Roasted Vegetable, Honey Butter, Football
- Ritz Toasted Chips - Main Street Original, Dairyland Cheddar, Sweet Home Sour Cream & Onion & Crackerfuls – Classic, Cheddar and 4 cheese
- Townhouse Crackers: Original, Wheat, Reduced Fat Crackers

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- Keebler Club – Original, Reduced Fat, Multi Grain, Buttery Garlic
- Wheat Thins – Original, Reduced Fat, Hint of Salt, Big, Ranch, Reduced Fat Garlic & Herb, 100% Whole Grain, Tomato Basil, Multi – Grain, Parmesan Basil
- Triscuits- Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil

#### Corn /Tortilla Chips

- Nabisco Saltines - Original, Unsalted Tops, Hint of Salt, Fat Free,
- Keebler Zesta Saltines – Original, Whole Wheat
- Sun Chips – Original, Harvest Cheddar, French Onion, Garden Salsa, Peppercorn Ranch
- Sun Chips – 100 Calorie Sun Chips Harvest Cheddar
- Baked Doritos
- Stacy’s Pita Chips – Simply Naked, Cinnamon Sugar, Multigrain, Parmesan Garlic & Tuscan Herb
- Trader Joe’s – Organic Corn Chip Dippers

#### Popcorn

- Smart food – White Cheddar, Reduced Fat, 100 Calorie Smart Food White Cheddar
- Cape Cod White Cheddar

#### Crackers

- Nabisco – 100 Calorie Packs Wheat Thins Toasted Chips, Ritz Snack Mix, Cheese Nips, Rite Bites Cheez – Its, Rite Bites Cheez – Its Party Mix,
- Kraft Handi – Snacks Dunk’ems – Totally cheese
- Kashi – TLC Original 7 – Grain Cracker, TLC Honey Sesame Cracker, TLC Original
- 7 -Grain with Sea Salt Pita chips
- Back to Nature Organic Stoneground Wheat Crackers
- Annie’s Organic Bunny Classics - Cheddar

#### Cereal & Other Bars

- Nutri Grain Cereal Bars – blueberry, Strawberry, Apple Cinnamon, Blackberry, Vanilla Yogurt, Strawberry Yogurt
- Special K bars- Blueberry, Strawberry, Chocolate Drizzle, Peaches & Berries
- Kellogg’s Rice Krispie Treats – Original, Strawberry
- Kashi- Autumn Wheat

#### Graham Crackers

- Nabisco Grahams
- Keebler Grahams – Original, Cinnamon, Low Fat Cinnamon
- Keebler Scooby – Doo Graham Cracker Sticks
- Teddy Grahams – Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini, Cars Disney Princess
- Nabisco 100 Calorie Packs Honey Maid Cinnamon Roll Thin Crisps
- Trader Joe’s Honey Graham Crackers

#### Cookies

- Oreos Minis
- Fig Newtons – Fig, Fat Free, Strawberry, Minis
- Barnum’s Animal Crackers – Original
- Nabisco Sugar Wafers – Crème filling
- Nabisco 100 Calorie Packs – Oreo Thin Crisps, Chips Ahoy Thin Crisps, Fudge Drizzle, Double Chocolate Chip, Lorna Doone Shortbread Cookie Crisps, Little Letters Mini Cookies, Rite Bite Sandies Short bread

#### Fruit Snacks

- Fruit Roll – Ups, Stackerz, Mini Rolls, Fruit by the Foot, Mini Feet, Gushers
- Betty Crocker Fruit Flavored Snacks
- Clif Kid Organic Fruit rope
- Funky Monkey Freeze Dried Fruit (Earthfare/Healthy Home Market)

#### Misc.

- Kraft Jet – Puffed- Original, Mini
- Trader Joe’s Roasted Seaweed Snack (plain)
- Snapea Crisps - Original