



2025–2026 Instructions for Nut-Safer

June 2025

According to a study released in 2013 by the Centers for Disease Control and Prevention, food allergies among children increased approximately 50% between 1997 and 2011. Peanuts and tree nuts are the most common cause of severe allergic reactions in children and is the most common cause of severe food allergy among our students. While the district has procedures in place to address allergic reactions, including other food allergies, the following “Nut-Safer” procedures were developed to assist the large number of nut-allergic students in avoiding their allergen. Please be aware that the enclosed list is not a substitute for the reading of labels as recipes and ingredient lists may change without notice. The list is a quick reference to assist in finding products whose labeling indicates nut safety. The items on the list may change throughout the year as the district is made aware of product changes and recalls.

- ☒ All foods brought into school for special events must be purchased in stores and cannot be homemade products in order to reduce the possibility of cross contact.
- ☒ All items provided must be packaged and include a complete imprinted ingredient label. The key to avoiding a reaction is reading the ingredient label at the time of consumption. Always read the entire ingredient label because nuts are often found in unexpected and surprising ingredients. Many spices, flavorings, and additives are allergenic and don't have their sources disclosed. Some examples of such ingredients include artificial nuts, butternut, calisson, cashew flavoring, chinquapin, coconut, filberts, gianduja, hypogaeic acid, hydrolyzed plant protein, hydrolyzed vegetable protein, lupine, mandelonas, marzipan, nougat, pecans, pistachios, and others.
- ☒ A parent/guardian may provide a safe snack supply that will be stored in the classroom for the food-allergic student.

While the Food Allergen Labeling & Consumer Protection Act of 2004 (FALCPA)

requires manufacturers to clearly list nut ingredients on product labels, the specific warnings of “may contain nuts,” “produced on shared equipment with nuts or peanuts” and “produced in a facility that also processes nuts” is voluntary. Do not purchase if the label states the food contains any nut product, or traces of nuts, or made in a manufacturing plant with nut products or made on shared equipment with nut products.

We ask all parents to choose from this list of brand-specific foods or choose foods clearly labeled as “not containing nuts” when selecting birthday snacks or class snacks. By limiting the type of food entering the school, we will be better able to provide a safer environment for our students with nut food allergies.

Criteria:

Snacks listed in this guide were selected based on the following criteria:

- ☒ they do not contain peanuts and tree nuts;
- ☒ their packaging lists no warning that these allergens may have been introduced during manufacturing; and
- ☒ the product is available locally

Understandably, product availability is continually changing; manufacturers are always introducing new items, reformulating current products and discontinuing selected items. Therefore, a product’s inclusion on this list is not a guarantee that the product is nut-free. The district relies on the listed ingredients and information found on the manufacturer’s website to develop this list. Because each product may have multiple product lines and producers, contacting each individual manufacturing plant for each product is not feasible. This list is specific for nut allergies – some of the items listed will not be safe for other food allergies.

Patrons may make recommendations of products for committee review and possible inclusion in future school year listings. To do so, please complete and submit a “Recommended Permitted Food Item Request” form to:

Blue Valley School District

Assistant Superintendent of Special Education 15020 Metcalf
Overland Park, KS 66223

Branded List of Permitted Food Items

*Principals may consider using this information for building guidance, education for staff and parents, and/or as a reference guide.

*If the product is not included on this list, a parent must show the label to the office before taking the snack to the classroom.

Approved Brands

Increasingly companies are manufacturing products specifically for individuals with life-threatening allergies. In addition to being nut-safer, these products frequently are also safe for other food-based allergies. Based on packaging claims, all products from the following brands are approved for nut-safer classrooms:

Enjoy Life Foods: "Free from the "top eight" allergens: Wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. (enjoylifefoods.com)

Lucy's: "Gluten free and made without milk, eggs, peanuts, or tree nuts."
(westminstercrackers.com)

Home Free: "Made in a dedicated bakery free of peanuts, tree nuts, eggs, dairy, wheat, and gluten." (homefreetreats.com)

Don't Go Nuts: "Our nut-free ingredients are processed using only nut-free equipment." (dontgonuts.com)

Mama Resch's: "No gluten, wheat, corn, soy, casein, dairy, peanuts, tree nuts, all natural." (mamareschs.com)

Surf Sweets: "Free of the 10 Most Common Allergens. Made in Nut-Free Facility."
(surfsweets.com)

Safely Delicious: “Gluten Free, Dairy Free, Peanut Free, Tree Nut Free, Soy Free and Egg Free and are made in a dedicated commercial facility containing none of these food allergens.” (safelydelicious.com)

MadeGood Foods: “All MadeGood products are: Organic, Nut Free, Contain nutrients from vegetables, Non GMO Project Verified, Certified Gluten free by GFCO, Certified Vegan, Kosher Parve” (madegoodfoods.com)

Fresh Fruits & Vegetables

- Organic or conventional

Dried & Canned Fruit

- Raisins – **NOT** yogurt covered (Best Choice, Sunmaid Organic)
- Craisins (Ocean Spray)
- Sunsweet Prunes (Sunsweet)
- Canned fruit/fruit cups – small individual containers, in juice or water (Del Monte & Dole)
- Applesauce – small individual containers (Best Choice, Mott’s, Musselman’s, Kirkland’s Organic Pouch, Materne, GoGo Squeeze, Simple Nature)

Cereal – by brand

Malt-O-Meal

- ☒ Apple Zings
- ☒ Berry Colossal Crunch
- ☒ Cinnamon Toasters
- ☒ Cocoa Roo’s
- ☒ Crispy Rice
- ☒ Fruity Dyno Bites
- ☒ Golden Puffs
- ☒ Honey Graham Toasters
- ☒ Honey Buzzers

- ☒ Marshmallow Matey's
- ☒ Tootie Fruities
- ☒ Frosted Mini Spooners: Original, Strawberry Cream, Blueberry

Cascadian Farms

- ☒ Graham Crunch, oats & honey granola, gluten free honey vanilla crunch cereal
- ☒ Graham Crunch

Post

- ☒ Honeycomb

General Mills

- ☒ Chex: Corn, Rice, Wheat, Apple Cinnamon, Blueberry, Vanilla, Chocolate
- ☒ Cinnamon Toast Crunch
- ☒ Cheerios: cinnamon, peach, chocolate, frosted, fruity, multi grain, apple cinnamon, blueberry, strawberry, very berry, regular
- ☒ Golden Grahams
- ☒ Kix: Honey, Berry Burst, or Original
- ☒ Lucky Charms
- ☒ Trix

Kashi

- ☒ Heart to Heart Cereal: Honey Toasted, Warm Cinnamon Oat, chocolate, original

Kellogg's

- ☒ Mini Wheats: Chocolate, Original, Frosted, Strawberry
- ☒ Shredded Wheat: Original

Dairy Products

- ☒ Cottage Cheese: Fat Free, Low fat and Old Fashion (Anderson/Erickson Dairy) (Good Culture)
- ☒ Fresh Mozzarella Snacking Cheese – Fontina, Parmesan, Asiago (BelGioioso)
- ☒ Little Cheese Dippers & Cheese Wedges) Original, Swiss garlic, creamy Swiss, white cheddar, asiago (The Laughing Cow)
- ☒ Babybel Cheese: Original, Gouda, Light, Mozzarella, Sharp Original, White Cheddar (The Laughing Cow)
- ☒ String Cheese (Crystal Farms, Frigo and Sargento)
- ☒ Stringles (Organic Valley)

Yogurts

- ☒ Blueberry, Vanilla, Strawberry, Strawberry Banana (Anderson/Erickson Dairy)
- ☒ Yogurt Blends, Yo Baby, Organic Kids, yogurt tubes and pouches (Stonyfield)
- ☒ Danimals, yogurt smoothies – strawberry, birthday cake (Dannon)
- ☒ GoGo Squeeze Yogurtz (Materne)
- ☒ Greek, Smoothie, Simply and Go-Gurt: original, mixed berry, strawberry (Yoplait)
- ☒ Goat Milk Option: Blueberry Pomegranate (Redwood Hill Farm)
- ☒ Tubes/cups (Chobani Kids)

Boxed Juices & Drinks

- ☒ Fruit/box drinks (Minute Maid, Capri Sun, Hi-C, Kool-Aid, Honest Juice)
- ☒ Apple Juice (Martinellis)
- ☒ Hot Chocolate: Rich Milk Chocolate (Nestle)
- ☒ Protein Drink – Vanilla and Chocolate (Premier Protein)

Crackers

- ☒ Cheddar Bunnies: Organic, White Cheddar, Whole Wheat, Pizza, Cheddar Squares, classic (Annie's Homegrown)
- ☒ Organic Honey Graham Crackers (Annie's Homegrown)
- ☒ Organic Saltine Classics (Annie's Homegrown)

- ☒ Saltine Crackers: Original, whole wheat (Nabisco/Keebler)
- ☒ Ritz Cracker: Original, Whole Wheat, Reduced fat, crisp & thins, cheese crispers, sour cream and onion (Nabisco/Keebler)
- ☒ Triscuit: Original, reduced fat, hint of salt, rosemary and olive oil (Nabisco/Keebler)
- ☒ Wheat Thins: original, reduced fat (Nabisco)
- ☒ Cheez-it: original, Grooves, Snap'd: snack mix (Sunshine)
- ☒ Goldfish: original, cheddar, colors, parmesan, pizza, pretzels, mix, princess, hot coco, S'mores, vanilla, cupcake, fudge, brownie, cookies & cream, honey, cinnamon, and whole grain cheddar, Flavor Blasted (Pepperidge Farm)
- ☒ Graham Crackers: Original (Keebler), Cinnamon Honey (Skeeter Nut Free), Honey, Cinnamon, Chocolate (Honey Maid)
- ☒ S'moreables (Kinnikinnick Foods)
- ☒ Original, Multi Grain Crackers (Crunch Master)

Popcorn

- ☒ Healthy Pop: Kettle Corn (Jolly Time)
- ☒ Popcorn (Act II, Best Choice, Pop Secret)
- ☒ Organic Yellow Popcorn (Arrowhead Mills)
- ☒ SkinnyPop – all products

Pudding & Gelatin

- ☒ Pudding Cups: Original Chocolate and Original Vanilla (Jell-O Kraft Heinz Company)
- ☒ Snack Pack Pudding Cups: Chocolate, Vanilla (Hunt's ConAgra Foods)
- ☒ Gelatin Cups: Regular and Sugar-Free (Jell-O)

Misc. Foods

- ☒ Beef Jerky: Original (Jack Links, Slim Jim)
- ☒ Dakota Style Sunflower Seed Kernels: Original, No Salt, Honey Roasted (Dakota Style)
- ☒ Rice Snacks: Rice Crisps. Rice Cakes: apple cinnamon, white cheddar,

chocolate, caramel (Quaker)

- ☒ Organic Guacamole minis and Classic Guacamole (Wholly Guacamole)
- ☒ Salsa (Pace, Tostito's, Taco Bell, Ortega)
- ☒ Wowbutter, Sunbutter

Candy

- ☒ Andes Mints (Andes)
- ☒ Blow Pops (Charms)
- ☒ Candy Canes (Spangler Candy, Bob's Red & White Mint Canes)
- ☒ Dum Dum Pops (Spangler Candy)
- ☒ Child's Play (Tootsie Roll)
- ☒ Dots (Tootsie Roll)
- ☒ Double Bubble (Tootsie)
- ☒ Junior Mints (Tootsie Roll)
- ☒ Tootsie Pops (Tootsie Roll)
- ☒ Tootsie Roll: Midgees, assorted (Tootsie Roll)
- ☒ Chocolate Chips-Semi sweet and Dark Chocolate (Enjoy Life)
- ☒ Jolly Rancher Hard Candy (Hershey)
- ☒ Twizzlers: Cherry and Strawberry Twists, Rainbow Twists, Cherry Peel and Pull, Cherry Bites (Hershey)
- ☒ Lifesavers: Hard Candies, Gummies (Wrigley)
- ☒ Skittles: Original (Wrigley)
- ☒ Starburst Fruit Chews: Original, FavReds and Tropical, Jelly Beans (Wrigley)
- ☒ Lollipops, organic (Yum Earth)
- ☒ Marshmallows, regular (Kraft)
- ☒ Organic jelly beans, Gummy Bears, Gummy Worms (Surf Sweets)
- ☒ Pez Candy (Pez)
- ☒ Red Vines: Original twists, mixed berry, grape, strawberry, black twists (American Licorice Co.)
- ☒ Smarties: original & giant (Smarties)
- ☒ Sweet Tarts: chewy, gummies, rope bites, mini chewy, whipped & tangy, soft bits, original, jelly beans (Nestle)
- ☒ Candy (Yum Earth)

Fruit Snacks

- ☒ Fruit by the Foot, Fruit Roll Ups, Gusher's (General Mills)
- ☒ Fruit Crisps (Brothers All Natural)
- ☒ Fruit Snacks (Motts)
- ☒ Organic Bunny Fruit Snacks – sunny citrus, really peely, berry patch, tropical treat (Annie's Homegrown)

Chips

- ☒ Bugles: Original (General Mills)
- ☒ Cheetos: Baked, Crunchy and Puffs (Frito Lay)
- ☒ Doritos: Cool Ranch, Taco flavor, and Nacho Cheese (Frito Lay)
- ☒ Fritos: Chili Cheese, Original, Twisted Honey BBQ, and Scoops (Frito Lay)
- ☒ Funyuns (Frito Lay)
- ☒ Potato Chips: Kettle, Baked, Classic and Wavy, Ruffles potato chips (Frito Lay)
- ☒ Sun Chips: Cheddar, French Onion, Garden Salsa and Original (Frito Lay)
- ☒ Tostito Tortilla Chips: Baked, Bite Size, Hint of Lime, Multigrain, Restaurant Style/Scoops (Frito Lay)
- ☒ Late July: Organic, blue corn, lime, sea salt, no grain, lime, chia & quinoa potato chips (Late July)
- ☒ Mission Tortilla Chips: Rounds, Strips and Triangles (Mission)
- ☒ Organic Snack Mix (Annie's Homegrown)
- ☒ Pirate's Booty: White Cheddar, Veggie Sticks and Fruit Sticks (Pirate Brands)
- ☒ Popcorners Chips: sweet & salty kettle corn, sea salt, spicy queso, sweet chili, cinema style butter, jalapeno cheddar
- ☒ Pretzels: Sticks, Mini, Snaps (Snyder's of Hanover)
- ☒ Pringles: Cheddar, Original, Snack Stack and Sour Cream and Onion, BBQ & Sticks (Pringles)
- ☒ Pretzels: Rods, Tiny Twist, Cheddar, Sticks (Rold Gold)
- ☒ Way Better Snacks Tortilla Chips: Sweet Potato, Multi Grain, Blue Corn, and Black Bean (Simply Sprouted)
- ☒ Harvest Snaps

Cookies/Bars

- ☒ Animal Crackers (Keebler & Barnum's-Nabisco)
- ☒ Belvita Breakfast Biscuits (Nabisco)
- ☒ Chips Ahoy: Chewy, Original and Reduced Fat (Nabisco)
- ☒ Oreo: Original, thins, gluten free, Chocolate Cream, Golden, Chocolate Mint, Double-Stuff, Birthday Cake (Nabisco)
- ☒ Ginger Snaps (Nabisco)
- ☒ Teddy Grahams: Honey, Chocolate, Chocolatey Chip, and Cinnamon (Nabisco)
- ☒ Bunny Cookies: Cocoa and Vanilla, Gluten free, cinnamon, birthday cake, chocolate chip (Annie's Homegrown)
- ☒ Bunny Grahams: Chocolate, Chocolate chip, Cinnamon, Honey (Annie's Homegrown)
- ☒ Chocolate Chip Cookies & Chocolate Sandwich Cookies (Annie's Homegrown)
- ☒ Benton's Chocolate Chip Cookies
- ☒ Chocolate Chip Mini Cookies (Skeeter Nut Free)
- ☒ Grahams: Cinnamon and Honey (Skeeter Nut Free)
- ☒ Dick & Jane Educational Snacks: Cookies
- ☒ Enjoy Life Soft Baked Chewy Bars: caramel blonde, lemon blueberry poppy seed, caramel apple, coco loco (Enjoy Life)
- ☒ Vegan Granola Bars, Crispy Light Granola & Mini Bars: Apple Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry, Cocoa Crunch, and Strawberry (MadeGood)
- ☒ Crispy Squares: Vanilla, Chocolate Chip, Strawberry, and Caramel (MadeGood)
- ☒ Soft Baked Mini Cookies: Apple Cinnamon, Double Chocolate, Chocolate Chip, and Chocolate Banana (MadeGood)
- ☒ KinniToos: Chocolate Sandwich and Vanilla Sandwich (Kinnikinnick Foods)
- ☒ Montana's Chocolate Chips Cookies (Kinnikinnick Foods)
- ☒ Pastry Crisps: Chocolate, Strawberry, Cookies N' Cream, Blueberry, Brown Sugar Cinnamon, Caramel Latte (Kellogg's)
- ☒ Rice Krispies Marshmallow Treat: Original (Kellogg's)
- ☒ Scooby Doo Graham Cracker Sticks: Honey and Cinnamon (Keebler)

- ☒ Vanilla Wafers: Mini, or Original (Keebler)
- ☒ Snackwell's: Crème Sandwich (Kraft)
- ☒ Crunchy Rollers: Rice Rollers; Apple Cinnamon, Mixed Berry, Caramel Sea Salt, Strawberry, Original Brown Rice (Friendly Grains)
- ☒ Mini Chocolate Chip Cookies (Kirkland Signature)
- ☒ Crunchables – Apples + Pumpkin Seeds (That's it)
- ☒ Fruit Bar – Strawberry, Blueberry & Mango minis, variety pack. (That's it)
- ☒ Seed Based Bars – Blueberry Lemon, Raspberry, S'mores (Blake's)
- ☒ Seed Based Rice Crispy Treats – Chocolate Chip, Strawberry, Birthday Cake, Pumpkin Spice (Blake's)
- ☒ Smart Bars – Carrot Raisin, Blueberry Banana Sweet Potato, Strawberry Beet, Apple Kale (Cerebelly Smart Bars)
- ☒ Fruit & Veggie Strips/Bars – Berry Orchard, Cherry Berry, Strawberry Mango, Raspberry Blueberry, Wild Berry, Peach Raspberry, Apple/Pear/Carrot Strips (Good & Gather)
- ☒ Sweet P's Bake Shop – Frosted Sugar Cookies (Hyvee)
- ☒ ZEE ZEE Soft Baked Bar: berry apple crisp, birthday cake, blueberry lemon, campfire S'mores, chocolate brownie, cinnamon crisp, cocoa cherry, oatmeal cocoa chip, strawberry crisp, variety packs
- ☒ Fig Bar (Nature's Bakery)

Meat/Jerky

- ☒ Beef/turkey/meat sticks – Original Beef, Salt and Pepper Venison, Italian Style, Pepperoni Seasoned Turkey, Original Turkey Chomplings (Chomps)
- ☒ Biltong Stick – Original, Spicy Peri Peri, Hatch Green Chile (Stryve)
- ☒ Turkey/chicken jerky (Think Jerky)

Ice Cream

- ☒ Popsicles, Fudgesicle, Scribblers, Fruit Pops, (Popsicle)
- ☒ Welch's 100% Juice Ice Bars
- ☒ Mr. Freeze Jumbo Freeze Pops
- ☒ Philly Swirl: Cups, ICEE Mix it up, Jungle Swirls, Swirls, and Poppers.
- ☒ FunPops – popsicles

- ☒ Budget Saver: twin pops assorted, monster cherry-mango pops, red, white, and berry blast
- ☒ Organic Freezer Pops (JonnyPops)

Snack Cakes & Donuts

- ☒ Donuts: Cinnamon Sugar, Chocolate Dipped, Chocolate Chip, Maple and Vanilla Glazed (Kinnikinnick Foods)
- ☒ Muffins: Lemon Blueberry, Quinoa Spice (Kinnikinnick Foods)
- ☒ Garden Lite Muffins: double chocolate, banana chocolate chip, blueberry oat, ninja power, carrot berry, and cranberry orange, apple cinnamon, and keto friendly: cinnamon roll, chocolate raspberry, and mochaccino chip. (Veggies Made Great)
- ☒ Sweet P's Bake Shop - Chocolate Cupcakes (Hyvee)

The preceding list will be reviewed annually. Please note that the district is reliant on the listed ingredients and information found on the manufacturer's websites. This list is specific for nut allergies – some of the items listed will not be safe for other food allergies. If in any doubt, the student should not consume the food in question.

Blue Valley School District Student Birthday/Holiday Party Treats or Daily Snacks Request Form

Patrons may make recommendations of products for committee review and possible inclusion in future school year listings. To do so, please complete and submit this form:

Name: _____ Date: _____

School: _____ Email: _____

What grocery store(s) stocks this product? _____

Food Item: _____

Flavor or Version, if applicable: (example, Original, Nacho, Chocolate, etc.):

Brand: _____

Rationale for adding this item to the permitted food item list: _____

The following information must be attached and found to be nut-free for consideration:

1. Copy of the product's ingredient statement
2. Ingredient list from manufacturer's website

All recommended products are reviewed annually for potential inclusion in the next school year's permitted food list.

Submit completed request form to:

Blue Valley School District
Assistant Superintendent of Special Education
15020 Metcalf
Overland Park, KS 66223

