

Peanut and Tree Nut Free and Safe Foods

This list is intended to offer suggestions for nut free foods. At the time it was made the listed foods were safe to offer as nut free. However, ingredients and labels may change. PLEASE-- ALWAYS READ LABELS BEFORE SERVING.

Cookies and Cupcakes

*The following stores have the Lofthouse Frosted Sugar Cookies and Sugar Cookies. (It is important to note that not all Lofthouse cookies are baked in a peanut and tree nut free facility.)

Lowe's Foods (5400 Apex Peakway)
Harris Teeter (750 West Williams Street)
Food Lion (1777 West Williams Street)

*While Wal Mart does not carry the Lofthouse brand, they do have their own brand of cookies that are baked in a peanut and tree nut free facility. The cookies baked in a peanut and tree nut facility that were available when I went are: thumbprint cookies, frosted sugar cookies, chocolate chip sandwich cookies and sugar cookies. They may have different varieties on different days, just look for the made in a peanut and tree nut facility stamp. If there is no stamp, they are not safe.

*Wegmans in Raleigh carries a line called School Safe that is a line of peanut free, tree nut free, and additionally dairy free snacks. They offer mini cupcakes both in chocolate and vanilla, brownie bars, and chocolate chip cookie bars. They can be found in the bakery section.

*Another option that would have to be an advanced order, as they are only available online, are Smiley Face cookies:

<https://www.smileycookie.com/>

These cookies come in large 4" and mini 2.5" sizes. Again, they do need to be ordered ahead of time if interested in them for parties or celebrations. They can customize colors and have holiday themed cookies.

*A go to site for more ideas on peanut and tree nut safe options is Snack Safely.

<https://www.snacksafely.com>

The Safe Snack Guide is a catalog of commonly available foods that are continually updated throughout the year.

***If looking for a salty snack** to go along with a sweet treat during the parties, the following are made in peanut and tree nut free facilities and can be found at the following stores. (Snyder's of Hanover: has a stamp that only says peanut free on it. I called and the representative stated while stamped for a peanut free facility, the facility is both peanut and tree nut free.)

AMAZON -- search for nut free snacks (check ingredients).

Lowes Foods (5400 Apex Peakway) 919-363-5376

-Snyder's of Hanover pretzels

-Wise Cheese Doodles (crunchy and puffy), Potato Chips, White Cheddar Popcorn and Butter Popcorn

-Tortiyahs! Tortilla Chips

-Utz pretzels (mini variety did not have peanut tree nut free guarantee), cheese curls, cheese balls, white cheddar popcorn

-Skinny Pop Popcorn

- Bakery-- Lowes carries a line of pre-packaged cupcakes in mini or a 6 cup package that are made in a nut free facility. If you need large quantities please order in advance. Otherwise, can not guarantee bakery items are nut free.
- Deli trays- Lowes can prepare finger sandwiches in a clean nut free area. However, the only guarantee for a safe bread would be to choose a safe brand off the shelf in the bread aisle. When ordering let them know we are a nut free school.
- Fresh fruit and vegetable trays are safe - they do not have nuts of any kind in this area.

Harris Teeter (750 West Williams Street) 919-362-3782

-Skinny Pop Popcorn

-Snyder's of Hanover pretzels

-Utz Pretzels and Cheeseballs

-Pop Corners (kettle corn, white cheddar, and sea salt)

- Bakery-- They have the Lofthouse Frosted Sugar Cookies. Otherwise, can not guarantee bakery items are nut free.
- Deli trays- The manager was hesitant to guarantee nut free food.
- Fresh fruit and vegetable trays are safe - they do not have nuts of any kind in this area.

Food Lion (1777 West Williams Street) 919-362-3904

- Snyder's of Hanover Pretzels
- Utz Pretzels, Cheeseballs, Cheese Puffs, Cheese Puff N Corn
- Wise White Cheddar Popcorn and Butter Popcorn, Cheese Doodles (puffs and crunchy), and Potato Chips

Publix (1441 Kelly Road)

- Pop Corners (Kettle Corn, White Cheddar, Sea Salt, located in deli section)
- Pirates Booty
- Skinny Pop
- Snyder's of Hanover Pretzels
- Wise White cheddar and Butter Popcorn, Cheese Doodles, and Potato Chips
- Utz Pretzels and Cheese balls
- Tortiyahs! Tortilla Chips

- Deli Trays--Tiffany in the deli (Kumar is another manager we can speak with if needed). She could guarantee us an area that they clean down thoroughly and away from any nut products. They do this for other area schools. I also asked about bread for sub rolls, etc. since these are made in the bakery. She stated that the bread/rolls don't go anywhere near an area with nut products.
- Fruit and vegetable trays-- can also be prepared safely.
- Bakery manager-- can not guarantee nut safety.

Target (1201 Beaver Creek Commons Dr)

- Pirates Booty
- Skinny Pop
- Snyder's of Hanover Pretzels

Walmart (3151 Apex Peakway)

- Snyder's of Hanover Pretzels
- Skinny Pop
- Pirates Booty
- Utz Cheese Balls

*Other items:

Food Trucks that are Nut Free

Kona Ice-- All flavors are : NUT FREE, DAIRY FREE, AND GLUTEN FREE

Their Commissary is only used by Kona.

Contact information: aroach@kona-ice.com

Kona Pizza -- NUT FREE TRUCK

All food is from Sysco. They are not preparing food.

Contact information: foodtruckono@gmail.com

Mr. A's Beignets -- There are NO NUTS in the BEIGNET mix nor is it packaged in a facility with nuts.

They have 1 TREE NUT item, Nutella. It is in portion controlled cups with lids. It is not packaged on the truck (only transported and sold from the truck).
Need to request it be removed from the truck.

They do not share a commissary and they are regulated under the NC Dept. of Agriculture.

They use 100% cottonseed oil to cook in.

Contact information: arltonc1@gmail.com

Buff-O-Lina -- NO NUTS on the menu or in ingredients.

They do share a commissary with a large number of trucks but all of the food prep is done on their truck.

Contact information: thebuffolina@gmail.com

Hot Chix -- There are NO nut or nut products on our truck

We commissary at the Raleigh Commissary with about 50 other trucks. They do not have cooking or prep space so all our food is prepared and cooked in the food truck.

Contact information: hotcakesandchicken.com (919) 578-1441