

Montcrest School's "Safe Food List for Nut Anaphylaxis"
(Revised January 11, 2011)

- Items that have a "may contain nuts" warning are considered unsafe, even if they appear on this list.
- Bulk food store goods are considered contaminated and deemed unsafe (even if they appear on this list).
- Manufacturers often change ingredients, so please look for warning labels on all products, even if listed below as "safe."
- If in doubt, phone the numbers listed below or on the products, or consider the item unsafe.
- All products listed below refer to Canadian-made products only. Products made in the U.S. are labeled differently and must be considered unsafe.
- All Dare, Nabisco and General Mills products are correctly labelled. So, all products without warnings and that do not physically contain any peanut or nut products are safe.

➤ **FRUIT SNACKS**

General Mills - Betty Crocker

1-800-767-5350

Fruit Roll-ups Fruit by the Foot
Fruit Gushers Scooby –doo snacks
Fruit String Things

Ocean Spray

Craisins (all flavours)

Del Monte

Mini Fruit twist

Sun Maid

1-559-896-8000

Raisins, Raisin Bread
(except Yogurt Raisins)

Sun Rype

1-888-SUN-RYPE

Fruit to Go

Dare

1-800-668-3273

Real Fruit Gummies
Real Fruit Minis - Wild Kingdom / Medley

➤ **COOKIES**

Christie (owned by Kraft Canada)

"Regular Size Only" Oreos
30% less fat Oreos
Fudgeeos
Rainbow Chips Ahoy
Chips Ahoy
Social tea
Arrowroot
Fig Newtons
Snackwells Bite Size Choc Chip Fig Newtons
Snackwells Bite Size Choc Overload
Chewy Chips Ahoy
Barnum's Animal Crackers
Teddy Grahams

Christie

Any Canadian-made product without warning label
(except OREO CAKESTERS / OREO WAFERSTIX /
GOLDEN OREO SIPPERS)

Peak Freans

Any Canadian-made product without warning label

Betty Crocker

Dunkaroos

Pepperidge Farms

1-800-977-6660

All Goldfish (except pretzel snacks)

Dare Viau McCormick

Viva Puffs
Normandie
Wagon Wheels
Bear Paws
Social Tea
Simple Pleasures
Breaktime
Whippet
Dare Traditions
Maxi Fruit
Girl Guide Cookies
Ah Caramel , Vinta
Econo Chocolate Fingers, Chocolaty Oatmeal, Shortbread, Maple Leaf

Sha Sha Co.

Ginger snaps, Cocoa Snaps, Lemon Snaps

Leclerc

Celebrations – Café au lait, Vanilla
Celebrations Finger Cookies – Dark chocolate, Milk Chocolate
Praeventia – Cookie pouches asst'd flavours

President's Choice

1-866-596-7277

Any Canadian-made product without warning label
PC Arrowroot Cookies
PC Mini chefs Lunch Box packs

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Loblaws Inc.

1-888-495-5111

ALL PRODUCTS LISTED UNDER THE FOLLOWING BRANDS:

(Allergy alert on packages where necessary!)

No Name, PC (President's Choice), PC Blue Menu, PC Green, PC Organics

➤ **CHIPS AND PRETZELS**

Hostess/Frito Lay

1-800-376-2257

All Products

Example:

Cheetos-Puffs
Doritos-Nacho
Regular Chips
Smart Food
Ketchup Chips
Ruffles-All Dressed
Dips and Salsa
Tostitos

Humpty Dumpty

1-800-387-2273

Potato Chips

Betty Crocker

Bugles

Rold Gold

Pretzels

Pringles

Proctor & Gamble 1-800-568-4035

Chips and Stix

Life Brand (Shoppers)

1-416-493-1220

Regular Chips

Kernels Popcorn

1-866-454-2678

Freaky Fruit Halloween Snack Bags
(Only product sold in grocery stores
is safe. Product in "Kernels" stores **NOT SAFE!**)

Orville Redenbacher's Popcorn

1-800-767-5350

All is nut-free

➤ **CRACKERS, CEREALS AND CEREAL BARS**

Christie (owned by Kraft Canada)

Cheese Bits
Cheese Nips
Snackwell Crackers
Sun-ups Cereal Bar
Crispers
Triscuits
Premium Plus soda crackers
Ritz Crackers (regular, not sandwich)

Kraft

Cheese and crackers

Pepperidge Farm

Goldfish

Kelloggs

1-888-876-3750
Rice Krispies Squares (original & rainbow)
Frosted Flakes,
Fruit Loop Bars
Pop Tarts
Nutrigrain Twists
Nutrigrain Cereal Bars and Bakes
(not mini granola bites or Fruit crisps)

Ritz Crackers (except mini size)

Scuba Snacks
Goldfish
Crispers
Triscuits
Soda crackers

General Mills

Graham Treats
Crispy Graham Squares
Chewy Marshmallow
Cheerios
Multi-Grain Cheerios
Apple-Cinnamon Cheerios

Dare – Grissol

Melba toast
Melba rounds
Baguettes – all flavours

President's Choice

some nut-free granola bars
(clearly labelled)

Metro's Selection

Chocolate Chip & marshmallow Granola Bars
Apple Cranberry, Oat & Honey, Chocolate Fudge
Cracker & Processed Cheese

Quaker

Rice Cakes
Chewy Apple Fruit Crumble, S'Mores
Chocolate Chip, Rocky Road
Aunt Jemima Pancake Mix
Muffin Mixes

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BAKERIES, DONUTS, BAGELS AND BAKED GOODS (see end of document for more)

Ammazing Donuts

416-398-7546
All Products also Sesame free
Whole Wheat Baguettes
Cakes

Gryfe's

416-783-1552
Pizza and Bagels
(Whole Wheat & Reg)

Richman's

416-636-9710
All Products
Whole Wheat Products also

The Cupcake Shoppe

416-322-6648
www.thecupcakeshoppe.ca

Cakes by Robert

905-889-1448

La Petite Bretonne

Micro Croissants

Good for You Desserts

416-751-1444
Banana Bread

Branson's (avail. at Loblaws)

Cookies

Touche (avail. at Loblaws/Sobeys)

Meringues
Loaf Cakes

President's choice bakery items

Muffins – Carrot, Blueberry and Chocolate Chip
Chocolate Chip Cookies

Sweets from the Earth

Spiced Carrot cake, Chocolate Cheesecake
Wild Blueberry Cheesecake, Chocolate Fudge cake

School Safe

Chocolate Chip Cookie Bar, Banana Chocolate Chip Mini Loaf
Chocolicious Cookie Bar, Raspberry Banana Snack cake

Schaaf Baked Goods (avail. at Costco)

1-519-747-1655
Banana cake mini loaves
Marble cake
Cinnamon coffee cake

Barbs' "Sinfully Sensational Cakes"

905-916-2455
cake@rogers.com

Wonder Breads

All are appropriately labeled with "may contain labels"

Dempster's

1-800-465-5515
Flatbreads of the World
Original, Spinach, Cheese
Sun Dried Tomato, Whole Wheat, Flax

Lollicakes (info@lollicakes.ca)

416-482-2253
559 Mt. Pleasant Ave

FROZEN BAKED GOODS

Pillsbury - owned by General Mills

(Allergy alert on packages where necessary!)
1-800-767-5350
**NOT READY TO BAKE FLAT PACK
Pizza pops
Grands
Caramel Roll
Cinnamon Rolls
Turnovers – Raspberry, Blueberry, Apple
Country Biscuits
Flaky Rolls
Weiner Wrap
Pizza_

McCain's

1-866-622-2461
(Allergy alert on packages where necessary!)
Pizza Pockets
French Fries

Heinz

1-877-574-3469
(Allergy alert on packages where necessary!)
Frozen Hot Bites Bagel Bites

Con Agra foods

1-800-461-4556
Frozen Pogos

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PUDDINGS, POPSICLES AND ICE CREAM

Kraft

1-800-567-5723
www.kraftcanada.com
Jell-O pudding
Magic Moments Pudding

Del Monte

1-800-461-0094
Rich n Creamy Pudding Cups

Nestle

1-800-387-4636
Carnation Hot Chocolate Mix
Nesquik Chocolate, Strawberry Syrup

Dole

1-800-541-2349
Fruit Bowls, Fruit & Gel Bowls

Gelato Fresco

416-785-5415
Ice cream (all flavours except Mango and Toasted Hazelnuts)

Hunts

1-800-461-4556
All Hunts puddings are nut and coconut free
Redi-Whip whipping cream
Snack Pack Pudding
(Not Chocolate Caramel Swirl and Chocolate Peanut-butter Pie)

Motts

1-800-426-4891
Fruitsation

McCormick's Sundae Toppings

1-519-432-1166
Club House Seasonings
All Cake Mate products (sprinkles, coloured sugar, icing etc.)

Smuckers

1-800-567-1897
Sundae Syrup - Chocolate, Caramel, Strawberry
Microwave - Hot Fudge, Caramel
Toppings - Chocolate, Butterscotch
Magic Shell - Chocolate

Chapman's

www.chapmans.ca
Original Ice Cream (2 litres; 22 flavours)
Original Ice Cream (4 litres; 7 flavours)
SuperLolly, Rocket and Space Monkey Water Ices (8 varieties)
Li'l Lolly - Water Ices (2 varieties)
SuperCreamy - Water Ice/Vanilla Ice Cream
SuperFrosty - Chocolate coated Ice Cream
SuperFudge - Fudge Bars
Super Sandwich – ice cream between cookie wafers (3 flavours)
No Sugar Added Fudge Bars, Vanilla Cones
No Sugar Added Vanilla Sandwiches
No Sugar Li'l Lolly's
Super Cones (2 varieties), Super Yogurt Cones
Li'l Treats (7 varieties)
Super Cappuccino – Cappuccino-flavoured ice cream bars
Organic Ice Cream and Novelties – Vanilla or Chocolate Ice Cream, Fudge bar novelties
Sorbet 2L Tubs

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Metro's Own Brand - Selection or Irresistibles

Selection

Ice Cream - 1.89LTub - Chocolate Ripple, Chocolate Caramel Ripple, Butterscotch Ripple, Chocolate, Maple Sugar Crunch, Vanilla, Neopolitan

4L Tub – Chocolate, Butterscotch Ripple, Vanilla, Neopolitan

Low fat Frozen Yogurt – Strawberry, Fieldberry, Cappuccino, Chocolate, Blk. Berry, Vanilla

Mini Ice Cream Sandwiches – Vanilla

Bars on a stick – Chocolate Coated Vanilla Ice Milk Bars, Fudge Bars, Vanilla Ice Cream in a Fruity Coating

Fruity Assortment Icy Pops

Fat Free Sorbet – Rainbow, Orange

Ice Cream Cones

Frozen Treat Assortment 16 pcs

Irresistibles

Ice Cream – 1.5L Tubs – Caramel Tornado, Vanilla, Chocolate Brownies, Cookies and Cream, Mint Fudge Fantasy, Bordeaux Cherry

Frozen Yogurt Bars – Strawberry, Chocolate

Life Smart Bars – Caribbean Style Real fruit, Strawberry

FREEZIES

Kisko

905-652-2363

Mr. Freeze freeze pops

Transformers Freeze

Mr. Freeze No Sugar Added

Mr. Freeze Jumbo

Mott's Fruitsations –Country Apple, Berry Delight, Summer Strawberry

Kisko Giant/ Crush Combo, Iron Man2, Soda Pops flavoured Freezies, Nice 'N Juicy, Kids freezies

Crush Freeze Pops

CHOCOLATE, CANDIES, CANDY BARS

Nestle

1-800-387-4636

www.nestle.ca

Mirage

Smarties (made in Canada)

Kit Kat (not peanut butter!)

Coffee Crisp

Aero

Baker's

Chocolate chips

Wonka (owned by Nestle Canada)

MADE IN THE USA!

(Allergy alert on package)

ONLY THESE ITEMS ARE SAFE

BULK PACKS NOT SAFE

Bottle Caps

Fundips

Gobstoppers

Laffy taffy

Nerds

Sweet Tarts

Runts

Chewy Gobstoppers

Pixy Stixs

Shock Tarts

Wonka Golden Eggs

Allan Candy Co

www.allancandy.com

1-866-382-5526

(Allergy alert on packages where necessary!)

ONLY Non-chocolate Candy is SAFE

CHRISTMAS - All candy canes

Holiday Canes

Fruit Buddies

Allan Chewy

Misty Mints

Chewy Holiday Edition

EASTER – Hoppy Hunt

Tootsie Roll

905-660-1641

Tootsie Rolls

Tootsie Pops

Movietime

Flavor Rolls

Charleston Chews

Dubble Bubble

Junior Caramels

Junior Mints

Blow pops

Caramel Apple Pops

Fluffy Stuff Cotton Candy

Child's Play

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Asst'd Candy Brands (owned by merged Wrigley's/Mars Company)

1-800-974-4539

(Allergy alert on packages where necessary!)

All Lifesavers Candy

Lifesaver Gummies

Lifesaver Lollipops

All Skittles Candy

All Starburst Candy

Les Chocolat Vadeboncoeur Inc.

1-800-276-8504 <http://www.chocolatvadeboncoeur.com/eng/index.html>

Carries Nut-free products

Mars Bars

THIS IS THE ONLY "MARS" CHOCOLATE THAT IS SAFE

1-888-709-6277

Canadian made labeled with "Peanut-free designation"

Asst'd Gum Brands (owned by merged Wrigley's/Mars Company)

1-888-709-6277

5 Gum

Hubba Bubba

Doublemint

Juicy Fruit

Excel

Excel White

Extra

Freedent

Asst'd Gum Brands (owned by Cadbury)

1-866-782-3267

Trident

Dentyne

Stride

Bubblicious

Cadbury

1-800-565-6317

(Allergy alert on packages where necessary!)

Maynards candy

Dare

1-800-668-3273

All Dare Products are peanut-free unless labeled differently

Jelly beans

Ju Jubes

Bear Paws

Gummies and Real-Fruit Gummies

Spearmint Scotch Mints, English Mints

Sunkist

72 Fruit flavoured snacks

Vermont Nut Free Chocolates

www.vermontnutfree.com

Effem Food

1-888-709-6277

All products are nut-free

Skittles (original and sour)

Skittles Littles

Starburst Fruit Chews

Starburst fruit and crème

Starburst Sours

Dove caramel

Hershey's

www.hersheys.com

1-800-468-1714

Any product without the "may contain" phrase, as they label accordingly

Kisses (silver foil only and Milk chocolate - not bulk stores)

Twizzlers and Nibs

Chipits (Milk Chocolate Mini Kisses)

Pure Semi-Sweet Chocolate Chips (Mini and regular)

Pure Milk Chocolate Chips

Pure White Chocolate Chips

Cookie'n'Cream ONLY 120g AND 10g BARS

Jolly Rancher-Fruit Chews

Jolly Rancher Lollipops

Milk Chocolate Bars ONLY 120g BARS

Kinder

416-590-0775

6 Bar Chocolate pack

16 Mini Bar Chocolate pack

Kinder Surprise

Halloween Kinder Surprise

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FAST FOODS

Pizza Pizza

416-967-1111

Pizza Nova

416-439-0051

MacDonalds

All foods except desserts

Kraft Dinner

Swiss Chalet

Rotisserie Chicken
Fries
Rolls
(no desserts)

Harvey's

Burgers
Fries
(no desserts)

More Information about other Allergy Friendly Establishments:

- **Lollicakes** (info@lollicakes.ca)
416-482-2253, 559 Mt. Pleasant Ave
 - **Amazing Donuts** 3773 Bathurst (at Wilson) (416) 398-7546
(great donuts and cupcakes, cakes are OK)
 - **Richmann's** 4119 Bathurst (north of Wilson) (416) 636-9710
(good cookies, great cakes) <http://www.richmansbakery.ca>
 - **Cupcake Shoppe** 2417 Yonge St. (b/w Eglinton and Lawrence) (416) 322-6648
(cupcakes are safe)
 - **Cakes By Robert** (905) 889-1448, cakes@cakesbyrobert.com (great themed birthday cakes)
 - **Katie's Cakes** (416) 757-6896, 1531 O'Connor Dr. (fabulous themed birthday cakes) www.katiescakes.com
 - **Rousing Fare/Nut-free Gourmet** 1-800-806-8966, www.nutfreegourmet.com (all butter, nut-free frozen cookie dough)
 - **Good For You Desserts** (nut-free banana/chocolate chip cakes - available at Pusateri's/Sherwood Market, are freezable) (416) 751-1444
 - **SugarChalet-** 101 Stevenson Rd North, Oshawa (905) 434-5777 (www.weddingcakepage.com)
 - **Tickle Your Tummy-** cookies and cakes- www.tickleyourtummy.ca
 - **Treasure Mills-** baked goods, breads, frozen doughs etc.. (905) 853-7430 located in Newmarket – www.treasuremills.com
 - **Enjoy Life Foods-** Nut free, Dairy-free, and wheat free cereals, bagels and granola bars- www.enjoylifefoods.com
 - **Terra Cotta Cookie Company-** frozen, pre-portioned dough for ready to make cookies- www.terracottacookies.com
 - **No Nuttin Foods-** from British Columbia- nut free, seed free, egg free, sulphite free granola bars - www.nonuttin.com
 - **Half-** Baked Ideas – A nut-free Bakery/café specializing in custom sculpted cakes. www.half-bakedideas.com
 - **French Oven Bakery-** sell pre-made cakes distributed through Price Chopper Stores- www.cakes@thefrenchoven.on.ca (416) 620-1919
 - **Sinfully Sensational Cakes and Catering-** Nut free deserts, cakes and catering options (905) 916-2455 <http://www.angelfire.com>
 - **Touche Bakery-** Based in London Ont- distribute some biscotti, meringues and snack cakes via Loblaws and Sobeys- www.touchebakery.com
 - **Irresistible Cakes-** 4040 Steeles Ave West (905)850-2253 100% nut and lactose free. Amazing cakes for all occasions. www.icakes.ca
 - **La Montagne Chocolates-** nut free chocolates—good for fundraising activities. www.lamontagne.ca
 - **President's Choice** is featuring many products clearly labelled “nut-free”.
 - **Nut'n gluten Specialty Foods - (905) 553- 7901**
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Sesame Free Breads

- **Dempsters** -Enriched white bread (in the silver foil packaging) **ONLY** is sesame free. Most other Dempsters breads have a warning label regarding sesame
- **Thomas's English Muffins** are reputedly sesame-free
- **Amazing Donuts** (Bathurst and Wilson) is a nut and sesame free bakery.

Multiple Allergy free items:

- **No Nuttin Foods**- from British Columbia- nut free, seed free, egg free, sulphite free granola bars - www.nonuttin.com
- **Enjoy Life Foods**- Nut free, Dairy-free, and wheat free cereals, bagels and granola bars- www.enjoylifefoods.com
- **Sinfully Sensational Cakes and Catering**- Nut free deserts, cakes and catering options and also advertise as being 'allergy friendly'—call for specific requests at (416) 535-2455 <http://www.angelfire.com>

More Allergy Friendly Restaurants: the following family chain restaurants will accommodate allergy requests. Please contact your nearest location for their allergy policies.

- Kelsey's
- Boston Pizza
- East Side Mario's
- Lone Star
- Montana's
- The Keg

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