

Product Shopping Guide

I use this to help guide myself, my friends, my family, and anyone who wants to accommodate my food needs in a safe direction.

Important Preface/Disclaimer

- This PDF is a rough guide. I often call or email each product or brand before purchasing, unless I have recently confirmed it and the barcode is the same. To be safe, I prefer to see the packaging myself, especially if someone else purchased the item.
- For those with allergies: please use this only as a guide to help find products that may work for you. Always check products yourself before consuming. Ingredients and facilities use of allergens can change frequently.
- I try to choose products labeled “peanut-free facility” or those made in facilities without peanuts. I also check company websites and FAQs for allergen information, such as whether products are made in nut-free facilities.
- If I am unfamiliar with a product, I check for a “may contain” statement that does not include peanuts. In the U.S., if there is no “may contain” statement, I assume there may be cross-contact. Even when labeled “may contain: dairy” or “peanut-free,” this is not regulated and is voluntary. Because of this, I often contact companies directly to confirm facility practices, since “peanut-free” can mean different things (e.g., shared equipment vs. no peanuts in the facility).
- For Trader Joe’s products, I call on everything with or without a “may contain” statement. Their product line is (526) 599-3817, open Mon–Fri, 6–6 PT. I usually shop, collect items, then read barcodes over the phone. I ask: “Was this [SKU/barcode] made in a facility with peanuts or on shared lines with peanuts?” and put items back as needed.
- I avoid items from pre-made areas (like deli, olive, or cheese bars) and bulk bins due to high cross-contact risk. I wash fresh fruits and vegetables thoroughly, as they can be

contaminated by allergens during shipping, storage, or handling. I also re-wash pre-washed produce (like baby carrots, spinach, and salad mixes) since cross-contact can occur in bagging facilities.

- I prefer using my own bowls, plates, cookware, utensils, baking trays, and sponges, or washing items myself before eating at someone else's home. I often bring my own dishes and cookware. Cross-contact can happen easily, including from shared sponges, towels, or even putting away clean dishes. I feel safest eating food directly from packaging or from people I trust who maintain a peanut-free home. Otherwise, I bring my own food.
- Amy's Kitchen is peanut-free, while Annie's Organic does not provide clear information about allergen cross-contact and so I do not eat their brand. The two brands get easily confused so I like to make this distinction.
- I generally avoid tree nuts in foods as an added precaution, since they are often processed on shared equipment with peanuts or roasted in peanut oil.
- This list is not exhaustive—it includes brands I commonly find and personally use.
- I have organized this list by food type and by store.
- I usually do not call on canned items, but will rinse them before using. I don't check dairy as often since it's hard to find information on unless at Trader Joe's where I can use their product phone line.

Fresh Foods

- When it comes to fresh food, I love it! Especially due to the ability for me to wash it easily & know what it contains. Some easy fresh snacks that I'll eat if they're out at a party or family gathering are: grapes, blueberries, strawberries, raspberries, cherries, celery, cherry tomatoes, unpeeled banana, unpeeled whole clementines, unpeeled whole kiwis, and unpeeled apples! I like things similar to the above because I can wash them myself before eating them and feel extra secure about them.
- Other savory fresh foods that are easy to suggest to someone to have on-hand for a meal or snack are: whole sweet potatoes (I bake them or microwave them after washing them well, and top with butter and salt & pepper), avocados whole and unpeeled, and anything that can be roasted easily like butternut squash, zucchini, yellow squash, is great! I try to eat a lot of fresh foods at home since once I wash them, they're likely safe.

For the upcoming section, you'll find pre-made products & snack items that I keep as up-to-date as possible to offer a variety of options.

Any questions feel free to ask me!

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Chocolate / Candy

- Ferrero Rocher, Raffaello, and Rondnoir
- TCHO Chocolate
- Pascha
- TAZA Chocolate
- Hu Chocolate - The orange cashew is my favorite
- Ghirardelli Chocolate labels for “may contain” and doesn’t use peanuts
- Hershey’s Chocolate labels for “may contain” (they own many brands such as: York Peppermint Patties, Cadbury, Rolo, Whoppers, and more)
- Vermont Nut Free Chocolate, only available online but peanut-free
- Art Eatables, local in Louisville and nut-free with specialty Bourbon treats and non-Bourbon treats
- Jelly Belly, if it’s safe the packaging will say “peanut-free” on the label
- Tootsie, all their products are all peanut-free, including their brands like Charleston Chew, Junior Mints, Tootsie Pops, etc. A great brand for Halloween candy.
- Hershey’s brand labels for peanuts via “may contain” so anything by them you can trust such as Twizzlers, Jolly Ranchers, and Good & Plenty, Whoppers
- Yum Earth is a peanut-free candy brand found more and more often at TJMaxx & Rainbow Blossom
- Trader Joe’s, has a variety of candies safe but all need to be checked by their barcode each time by calling the phone line, I’ve eaten their Brookie Caramel Clusters and Beach Day gummies

Chocolate Chips

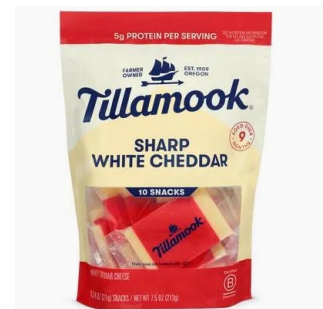
- Ghirardelli
- Private Selection Kroger brand sometimes labels for “facility level”
- Enjoy Life
- Guittard has a bunch of flavors, and label for “peanut-free facility”
- Gerbs Allergy Friendly Foods - An online-only seller, sells chocolate chips and other similar items
- Trader Joe’s, You can call on all any of their products and inquire on barcodes if peanuts are in the facility or not



Pre-Made Snacks

- Mamma Chia Chia Squeeze Packs
- Mi-Del Ginger Snaps Gluten-Free (check label for “may contain”)
- Tate’s Bakehouse Cookies (“check label for ‘may contain’”)
- Walker’s Shortbread

- Kroger Simply Organic “Duplex Cookies” will label for “may contain” (their version or Oreos)
- CVS Gold Emblem Chocolate Topped Butter Cookies are labeled “may contain”
- Lofthouse cookies in the Deli section sometimes labeled “peanut free facility”
- “Two-Bite” brand (mini muffins, cookies, cupcakes, brownie bites, are at Kroger/Target/etc. and will say “peanut-free”)
- Kroger “Private Selection” Palmier’s (in Deli/bread area) are labeled “may contain”
- Abe’s Muffins most often at Whole Foods are “peanut-free” & vegan and make cakes and muffins
- Nature’s Bakery Fig & Brownie Bars have a disclaimer on their website under FAQs saying nut-free/peanut-free
- Louisville Vegan Jerky is made in a nut-free facility
- Cookie It Up - MY FAVORITE SHORTBREAD COOKIES! They are peanut-free & canadian (hard to find in stores, only have seen them occasionally at TJMaxx, Fresh Market, or ordered online)
- Better Bites Bakery (usually at Whole Foods in deli or refridgerated area), top 9 free, they make cookie dough bites & cupcakes, etc.
- Free2Eat Cookies (Kroger, Whole Foods, TJMaxx), top 9 free
- Bard Valley Natural Delights Medjool Dates, pre-packaged dates clearly labeled, their coconut date rolls are delicious
- SuperSeedz Gourmet Pumpkin Seeds, a peanut-free facility
- Somersaults Sunflower Seed Crunchy Bites, labeled for facility & sold at Whole Foods
- Trader Joe’s Fresh Mozzarella Snacks
- Mini Babybel Cheeses
- Sargento Packaged Cheeses/Cheese Slices
- Tillamook Packaged Cheeses



Nuts / Nut Butter

- Trader Joe’s Nuts: I get almost all types from Trader Joes and will call on the barcode each time since the facility information changes often. Usually I can find safe raw or roasted walnuts, cashews, macadamia nuts, pistachio, sunflower seeds, almonds, and a few trail mix blends.
- Emblem CVS Shelled Pistachios if the label on the bag states “no peanuts in facility”
- Blue Diamond Almond labeled as “peanut-free facility” and they make a variety of flavors, not to be confused with ‘Diamond’ brand almonds which aren’t safe.
- Costco Kirkland Almond Butter labeled as “peanut-free facility”

- Barney Almond Butter is labeled “peanut-free”
- Wowbutter Spread is peanut-free
- Sunbutter brand is peanut-free

Flour/Mixes

- Hodgson Mills
- Martha White
- King Arthur Flour
- Bob’s Red Mill - almost all their products are in a peanut-free facility, they have TONS of flours, seeds, baking items, etc.
- Gerbs Allergy Friendly Foods, online-only seller, they sell all types of dried fruits, seeds, grains, etc!
- Jiffy brand for cornmeal/muffins
- Sticky Fingers scone and muffin brand normally label for facility-level allergens (Sold at World Market)
- Krusteaz brand also normally labels and makes lots of boxed items
- Ghirardelli Box Mixes
- Betty Crocker Icing usually labels about facility

Pre-made Refrigerated (Sweet)

- Sweet Loren’s: Puff pastry, Cookie Dough, etc.
- De Wafelbakkers Frozen Pancakes (Kroger) label will say “peanut-free”
- Pearl River Mini Cheesecakes (in fridge section at Whole Foods) usually peanut-free labeling



Spices

- McCormicks is the only spice brand I know of that states the facility is “peanut-free” when I call, but with that being said, if you are reading this as a friend/family member of mine, I can always supply the spices to cook with, since we have a large variety at home! We’ll sometimes use Kroger brand.
- Trader Joe's, you can call on any spices, a good place to get more unique blends
- We trust most salt brands, but I do call on them occasionally depending on where it is from, I trust Celtic Sea Salt products
- Gerbs Allergy Friendly Foods, online seller, they sell spices

Pasta

- Barilla brand we use for almost everything
- Trader Joe's, an option to call on barcodes
- Jovial Gluten Free Pasta (sold at Kroger) is a great rice noodle alternative for asian dishes
- Delallo, makes orzo pasta and gnocchi, I always check but they're usually "peanut-free" on their website charts
- Kroger: I have come across kroger brand pasta's labeled for "peanut-free facility so I'm always finding new products!
- Frozen Pasta Dishes at Trader Joe's can be called on

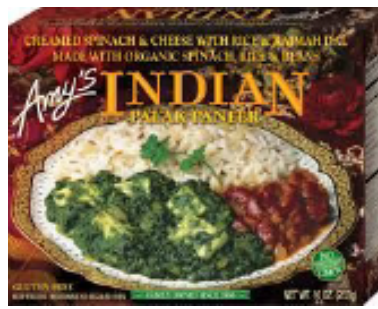
Pasta Sauce/Condiments

- Rao's Pasta Sauce, expensive but delicious pasta sauce, peanut-free facility usually when I've called/emailed
- Trader Joe's Pasta Sauce & Sauce Products, can be called on
- Hunts Ketchup & Canned Tomatoes
- Best Boy Mustard
- Brianna's Salad Dressing (we have a bunch usually so I can always supply this)
- I do not usually check on canned pickles or olives, but I never buy anything from an olive bar or any type of pre-made deli due to cross-contact.
- Hellman's Mayo
- Sriracha hot sauce
- Tabasco Brand hot sauce
- Cascadian Farm jams and jellies usually label for the facility allergens
- Polaner All Fruit Jam (sold at Kroger)
- Trader Joe's Fruit Jam/Jelly - I call on each one, the reduced sugar ones usually are "peanut-free" facility
- Kikkoman Soy Sauce (Eaten without issues)
- Hidden Valley Ranch, we trust it, I call/email every so often



Soups/Premade Meals

- Amy's Kitchen: soups, pizza, frozen meals, burritos, all "peanut-free facility" and labeled this way, I do avoid their stuff with cashews
- Trader Joe's, I call on each barcode before buying frozen meals but they have many, I like their Japanese Fried Rice, Hashbrowns, and Gorgonzola Gnocchi



Food Coloring

- Mccormicks
- Betty Crocker, usually they label

Baking Soda/Cooking Ingredients

- Arm & Hammer, although we've use Bob's Redmill also, and even Kroger baking soda and powder though with no issues before
- Dominos, any of their Sugar
- Simply Organic White Sugar & Simple Organic Coconut Sugar I call on but has been peanut free in the past (Kroger)

Cereal/Oats

- Cascadian Farms, this brand usually labels "may contain"
- Trader Joe's, I call on each barcode
- Gerbs Allergy Friendly Foods - online seller, sells granola
- Trader Joe's Oatmeal, I call on it
- Kodiak Oatmeal, usually labeled for as "peanut-free"
- Bob's Red Mill, usually peanut-free
- Manitoba Harvest granola products and Hemp Hearts - I email them

Tea/Coffee Alternatives

- Numi Organic
- Traditional Medicinals
- Yogi
- The Tea Spot brand responds to emails and last I checked was peanut-free, this is what they use at The Bean coffee shop
- Elmwood Inn Fine Teas are sold select places in Louisville and are in Danville, KY, a peanut-free facility
- Teeccino, my favorite peanut-free coffee alternative, but does use tree nuts for anyone allergic to tree nuts (sold at Rainbow Blossom and other health food stores)
- Olliepop Soda
- HopWTR

Oil

- Crisco for vegetable and canola oil
- Bertolli brand
- Kroger Olive Oil
- California Olive Ranch Extra Virgin Olive Oil - called and last time was peanut-free
- Trader Joe's, I call each time on coconut Oil, avocado oil, etc.

*we avoid anything with peanut oil or that is 365 brand. I've found 365 Whole Foods brand does not label well in general across the board for cross-contact risks.

Chips/Pretzels/Crackers

- Frito Lay brand, all peanut-free including Tostitos
- Santitas Corn Chips (owned by Frito Lay)
- Boarderie, amazingly, this is an online order charcuterie company that uses peanut-free ingredients and customizes seasonal spreads
- Rustic Bakery Crackers
- Rold Gold pretzels are labeled peanut-free
- Pirates Bounty sometimes labels for 'peanut-free facility'
- Pop Secret popcorn
- Skinny Pop is peanut-free
- Snyder's Pretzels is peanut-free
- Trader Joe's: Elote Corn Chips, Vegetable Root Chips, crackers, etc. I call on them individually
- Popcorners chips
- DARE Crackers labels for "peanut-free facility" they have many types such as water crackers/cabaret/whole grain, etc at Kroger.
- Snack Factory Pretzel Crisps - many say peanut-free facility that are savory flavors, but not all
- Carr's Water Crackers are labeled

Breads

- Dave's Killer Super Seed bread is all peanut-free including bagels, etc.
- California Sourdough labels for "facility level"
- La Brea Bakery labels for "facility level"
- Target Archer Farms, the brand is Canadian and they have better labeling laws, Archer Farms has labeled mini bagels, mini scones, and biscotti
- Stonefire Naan labels
- Ezekiel Bread (in the frozen section usually)
- Private Selection at Kroger often have a "facility level" statement.
- Sister Schubert's Dinner Rolls & Cinnamon Rolls (and possibly all rolls by them) are "peanut-free"
- Aunt Millie's (sold at Kroger, they have hot dog buns, hoagie buns, burger buns, etc.)



Legumes/Rice/Grains

- Lundberg Rice, they also make risotto!
- Simple Truth Organic at Kroger, I often trust
- TruRoots Accents Quinoa Trio is labeled peanut-free facility
- Dried beans by Goya at Kroger are labeled
- Bob's Red Mill labels as “peanut-free facility”, they also make lots of other things such as rice, millet, coconut flour, cornmeal, etc.
- Trader Joe's, I call on each item in question

*I usually don't call on many canned items unless it's from Trader Joe's, but I will rinse them in a collander!

Meat Alternatives

- Quorn
- Morning Star
- Boca
- Tofurky, my favorite is the “peppered”
- Nasoya tofu
- Gardein
- Field Roast labels usually for “no peanuts in facility”
- Trader Joe's, call on barcodes

Dairy

- Philadelphia Cream Cheese brand, they usually only use tree nuts not peanuts
- *I use real Stick Butter from all brands (normally organic + whatever is cheapest), and at Trader Joe's I'll call on it
- Cheese in block form at the store is normally fine, not from the deli section, because pre-sliced cheese can be contaminated with peanuts. We only use Sargento or Trader Joe's if it is shredded or sliced.
- Trader Joe's I'll eat their deli type wrapped cheeses since they have the convenient phone line and barcodes.
- Simply Organic Milk, we usually use this from Kroger or regular Kroger brand milk, heavy cream, etc.

- So Delicious Coconut Milk if labeled as peanut-free facility (usually it is)
- Kirkland Signature Organic Non-Dairy Oat Beverage usually “peanut-free facility”
- Ice Cream from Trader Joe’s, I’ll call on all the types
- Doughlicious Cookie Dough & Gelato Bites, sold at Target and delicious

*I do not usually check on containers of ricotta, cottage cheese or sour cream unless at Trader Joe’s and I’ll call on the barcodes.



These items listed in this product guide can be found at, but not limited to: Kroger, Costco, Publix, Target, CVS, health food stores like Rainbow Blossom, Whole Foods, TJMaxx/Sierra, and Trader Joe’s.