

Gluten-Free Snack and Candy list

Anything obviously made with Wheat Flour — Cake, Cupcakes, Cookies, Pretzels, Crackers — should not be given to _____. If you notify me, _____, at _____ a day or two before, I can bring a substitute treat. The following list of snacks and candies ARE ALLOWED in _____'s diet. If you could please suggest these brands to parents on party sign-up sheets or for birthday party treat bags, I would greatly appreciate it. Thank you!!

SNACKS

Lays STAXX (All flavors)
Ruffles Regular potato chips
Dorito Rollitos
Mission Tortilla chips
Orville Redenbacher's popcorn
Act II popcorn (except extreme butter)
Jiffy Pop Popcorn
Crunch 'n Munch
JellO Brand gelatin and pudding snacks
Del Monte Pudding cups
French's Potato Sticks
Torrengos white corn chips — all
Frigo/Kraft/Sargento cheese sticks
Oscar Mayer Beef Hot Dogs
Oreida French Fries
Old Wisconsin Beef sticks
Hormel Pepperoni
(GLUTEN FREE versions of cookies, pretzels, crackers, cupcakes)

FRUIT SNACKS

Kroger's Fruit snacks
Nabisco Fruit snacks
General Mills Fruit snacks
Farley's Brand gummy bears
Favorite Brand gummy and fruit
Fruit to Go (SunType)
Trolli Gummi Candies—all
Fruit by the foot
Sunkist Fruit Rolls
Sun-Maid Raisons
Welches Fruit snacks

JUICE BOXES

Mott's — all
Minute Maid — all
Del Monte
Juicy Juice — all
Capri Sun
Hawaiian Punch
KoolAid — all
Northland 100% Juice
Welches juices — all
Libby's — all

DRINKS

Coke, Sprite, Minute Maid
Pepsi, Mountain Dew, Sierra Mist
7-Up, A&W Root Beer, Country Time
Big K brand soft drinks
Snapple — all
Crystal Lite
Swiss Miss

ICE CREAM NOVELTIES

Flintstones pushups
Dole Fruit N Juice bars
Edy's/Dreyers Fruit Bars
Koolaid Freezer pops
Nestle's Popsicles
Starburst fruit Juice bars
Minute Maid Fruit juice bar

Good Humor Popsicles
PhillySwirl frozen stix
Fla-Vor-Ice

ICE CREAM

(Vanilla, Chocolate & Chocolate chip are usually safe, avoid obvious ingred)

Baskin Robbins
Edy's Grand
Edy's Homemade
Ben&Jerry's
Blue Bell
Blue Bunny
TCBY
Cool Whip
Dairy Queen
Dreyers

CHOCOLATE CANDY

Hershey's Kisses & Hugs
Hershey's milk chocolate bars
(except crispie or cookie)
Hershey's Nuggets (except cookie)
M&M's (except crispie)
Nestle Butterfinger BB's
Nestle Chunky
Raisinets
Reese's Peanut Butter cups
3 Musketeer's
Baby Ruth
Butterfinger
Snickers
Clark Bars
Dove
York Peppermint Patties

CHEWY CANDY

Flavor Rolls—all
Jellybelly jellybeans
Tootsie Rolls—all
Starburst Fruit Chews
Jolly Rancher Fruit Chews
Double Bubble — all
Wrigley's chewing gum — all
Trident gum — all
Skittles
Milk Duds
Airheads
Big League Chewing Gum
Bubble Yum — all
Chicklets
Dentyne Gum — all
Haribo Gummies
Sharie's Candies Gummies
Trolli Gummies
Gold Medal Cotton Candy

HARD CANDY & SUCKERS

Charms—all
Farley's hard candies
Sweetarts
Spree
BitOHoney
Spangler DumDum Pops

Tootsie Pops
Extreme Pops
LifeSaver's—all
Jolly Rancher hard candy & Lollipops
Topps Ring Pops
Pez
Smarties
Wonka: Bottlecaps, gobstoppers, mix ups, pixy stix, shocktarts, tart 'N tiny, fun dip (lik-M-Aid), Laffy taffy, Nerds, Runts, Tangy Taffy, Nips.
Haviland (Necco) Candy Stix

SEASONAL CANDY

Christmas

Spangler candy canes

Valentine

Spangler DumDum pops
Spangler picture pops
Necco Conversation Hearts
Elmers Small Talk Conversation Hearts
Luv Pops (Heart-shaped w/Mickey & Minne on wrapper)

Easter

Spangler picture pops
JustBorn Marshmallow peeps
JustBorn Jelly Beans

Halloween

Farley's candy corn
Spangler picture pops
Jellybelly candy corn

SCHOOL PRODUCTS

CRAYOLA (800-CRAYOLA)

ALL Crayola products are GF EXCEPT Crayola Dough. This includes: Markers; Washable markers; 3D markers; Chalk; Oil pastels; Mess Free Color Wonder; Jumping Colors; Model Magic; Crayons (regular, washable and metallic); Colored Pencils; Glue Paint; Silly Putty

ELMER

ALL Elmer brand products are GF EXCEPT Finger Paints which contain wheat. This includes: Tempera paints; Paint pens; All glue; Mucilage; All purpose Glue Stick; Glitter; Glitter Shakers

PALMER PAINT (800-521-1383)

All Palmer Paints are gluten free.

ROSS PRODUCTS (888-435-6377)

ALL Ross products are GF EXCEPT for the Finger Paints. This includes: Ross White Glue; Glue Sticks; School Glue

LAKESHORE Learning Materials

(800-428-4414) ink pads contain wheat protein.

CENTER ENTERPRISES

(800-542-2214) would not guarantee whether or not their ink pads contain wheat.

PRANG Washable Paint

(800-824-9430) and NASCO Washable Tempera Paints (800-558-9595) are both gluten free.

MAGIC; Crayons (regular, washable and metallic); Colored Pencils; Glue Paint; Silly Putty **NOTE:** (vp=05/02) Washable Finger Paints contain Dextrins.

My child, _____ has **Gluten Intolerance (Celiac Disease)** and can not eat the school food.

Please serve snacks and lunch from _____’s backpack.

Thank you for your cooperation in creating a wheat/barley/rye-free environment for _____.

There are informational flyers in his folder, or ask his parent if you have any additional questions.

- Please have _____ wash hands before eating or use WetOnes wipes provided.
- Keep his eating area free from crumbs of unsafe foods to lessen chance of cross-contamination. Wipe table with WetOnes.
- When serving food, serve _____ first with clean, washed hands and before touching other wheat-filled food to lessen chance of cross-contamination.
- Never give _____ treats, snacks, food without first verifying his gluten free snack/candy list or with parents.
- Not all Brands of food are created equally, sometimes we only need to find a different Brand of food that’s safe to eat.
- Playdoh is NOT gluten free. Crayola Model Magic clay is a safe alternative.
- Papier Maché is NOT gluten free. Please ask parent for alternative recipes.
- _____ can NOT be around flour, especially in a room where flour may be floating in the air. (Kitchen/bakery/art project)
- When creating art with noodles, please ask parent to provide rice noodles from home.
- Ink pads, finger paints, lick stamps and lick envelopes contain gluten.
- For parties or birthdays, please alert parent ahead of time to bring in special treat so _____ won’t be left out.
- Parent can provide a box of safe treats for teacher to store for surprise treat occasions.
- The wrong food will cause GI symptoms (_____). Please let parent know when this happens.
- Call _____ if you have any questions at all. Thank you!

SAFE FOODS

Anything provided from home
(gluten-free baked goods/cookies/
cakes/bread/pizza/pastas)
milk
juice (see list provided)
Fresh fruit
Fresh vegies
Corn flour/Cornstarch
Rice flour
Potato flour
popcorn (see list provided)
Jello
Jello Pudding
GF Cereal provided from home

Cheese provided from home
Coke and Pepsi products
Butter
Corn oil or Soybean oil
Apple cider vinegar
Duncan Hines white frosting in can
jams and jellies
peanut butter
meat
potatoes
Oreida French Fries
Cascadien Farms Spud Puppies
rice or potato pasta & noodles
Oscar Mayer Beef Hot Dogs
Heinz Catchup

Vlassic Pickles
eggs
Potato chips – Lays/Ruffles plain
Doritos Rollitos
Lays StaX chips
Annie’s Natural Salad Dressings
Nestle IceScreamer Popsicles
CANDY (see list provided)
ICE CREAM (see list provided)

McDonald’s Cheeseburger Happy
Meal (*burger, cheese and pickles
must be put in box using plastic
gloves, NO bun, cannot even touch
bun! French fries and ketchup is ok.*)

UNSAFE FOODS

gluten
wheat
barley
rye
enriched white flour
all purpose flour
cookies
bread
buns
cake/cupcakes
crackers
cereal
doughnuts
poptarts
pretzels
pancakes
waffles
pie
pasta noodles
spaghetti

Chocolate with
Crispies or Cookies
Twizzlers
candy not on safe list
ice cream (verify)
cheese sauces
processed cheese
hot dogs (fillers)
gravy
soup

margarine
malt vinegar
vegetable oil (verify)
spices (verify)
flavorings
food coloring (verify)
MSG
salad dressings
mayonnaise
Oreida Tator Tots

pickles (verify)
Suntan lotion (verify)
hand lotion (verify)
Soaps with Wheat
Germ oil
Toothpaste (verify)
Papier Maché
PlayDoh
FingerPaint
Straw