

Vida Nueva International

Suggestions for “nut free” Palanca

As more and more candidates and team members have nut allergies, we encourage “nut free” palanca. The following list was developed by the folks at Southeast Tennessee Vida Nueva to provide suggestions for acceptable Palanca.

Remember! Items must be Nut free and cannot be processed in a plant or kitchen that processes nuts!!

Candy FOR Palanca _ here are some options to look for! But you still need to read the labels just in case the company has changed their processing.

- American Licorice red vines, sour punch straws
- Callard and Bowser altoids (original and cinnamon – not chocolate)
- Ce De Candy smarties (mini size)
- Charms blow pops
- Ferrero USA tic tacs, now and later
- GUM dubble bubble
- Hershey’s good and plenty, hershey’s chocolate bar (plain chocolate bars only), jolly rancher hard candy, jolly rancher gummies, kisses (plain kisses only), milk duds, rolos, twirlers, whoppers
- Just Born hot tamales, mike and ike (all flavors), peeps
- Malaco sour path kids soft and chewy, swedish fish
- Perfetti airheads, airheads extreme sour belts
- Pez Candies pez
- Spangler dum dum lollipops
- Tootsie Everything Tootsie makes is made in a nut free facility, so the list is missing several candies there. Oh, and they own Charms. But still read the labels - charleston chews, dots, junior mints, ring pops, sugar babies, sugar daddies, tootsie rolls, tootsie roll pops
- Topps push pops
- Wonka bottle caps, fun dip, gobstoppers, laffy taffy, nerds, nerds rope, pixie stix, runts, sweetarts
- Wrigley’s bubble tape gum, hubba bubba, life savers gummies, life savers gummy sours, life saver swirl pops, skittles (all flavors), starburst (all flavors), starburst jellybeans (all flavors), starburst lollipops (all flavors)
- York peppermint patties
- Miscellaneous Candies cotton candy, parade cotton candy, pop rocks, razzles, sugar babies, sugar daddy
- Divvies: Chocolate bunnies, dinosaurs, bars, baking chips and jelly beans. Free of peanut, tree nuts, milk, egg and sesame. Some products may be free of additional allergens. (FAQ)
- Dove Chocolate: Some chocolate bars free of peanuts and tree nuts. Always read the label for the most accurate allergen information.
- Hillside Sweets: Flavored candy chews and hard candy (Go Lightly Sugar-Free Candy sweetened with Splenda, Go Organic hard candy and fruit chews, and Hillside Sweets sugar-

based hard candy). Free of peanuts, tree nuts, egg, wheat, gluten, soy, fish and shellfish. Made on shared equipment with dairy. The company has an allergen control program in place to minimize the cross-contamination risk. Although soy was used in the past to prevent the candy from sticking to their equipment, this has now been replaced with sunflower oil. The Go Organic candies are also organic, Kosher and non-GMO.

-Skips: Chocolate covered marsh pops. Also Chocolate bunnies, lambs, ducks and lollipops, chocolate covered pretzels and jelly beans. Free of peanuts and tree nuts. The company has a peanut/tree nut-free facility in addition to their regular store. See the disclaimers on their products.

-Other Snacks Peanut and Tree Nut Free Snack Suggestion List

-AUSTIN: Zoo Animal Crackers

-NABISCO: Cheese Nips Teddy Grahams (Cinnamon, Chocolate Chip, Honey, Chocolate) Nilla Wafers, Barnum Animal Cracker, Honey Maid Graham Cracker –Chocolate, Cinnamon, Honey, Triscuts (plain), Wheat Thins, Premium Saltines (original), Better Cheddars, Ritz Crackers (not Ritz Bits) Ritz Chips (original, cheddar)

-MEIJER BRANDS: Starfish and Pals Honey and Cinnamon Grahams Wheat Crackers

-SUNSHINE: Cheeze-its, Big Cheeze-It

KEEBLER: Vanilla Wafers (golden, mini) Elf Grahams (honey, cinnamon) Scooby Doo Graham Crackers Wheatables (original, honey wheat) Club Crackers 5 pack cheese and pretzel dip Town House Classic Crackers Toasted (Wheat, Butter crisp) Wheat Thins

-PEPPERIDGE FARM: Goldfish Crackers (original, colors, cheddar, pretzel, giant, flavor blasted)

-KRAFT: Handi Snacks (breadsticks and cheese, Mister Salty and cheese, Oreo cookie sticks and cream, Ritz cracker and cheese)

-ROLD GOLD: Pretzels (rods, braided twists, tiny twist, cheddar)

-FRITO LAY: Doritos (any flavor) Cheetos LAYS Ruffles Tostitos Sun Chips (Original, Sour Cream, Cheddar, Flavored) Fritos LAYS BBQ, Plain

Nabisco Oreo (blue pack only) Nabisco Oreo Golden (yellow package) Rice Crispy Treats (pre packaged) Enjoy Life (all flavors) **known for their allergen free cookies!

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