

# PEANUT FREE LIFE

We avoid all foods that contain or may contain peanut and tree nuts. In addition, we avoid foods that are processed in the same facility as peanut and tree nuts. This list is not a substitute for your own due diligence. Recipes and ingredients change. Read the label of every item you purchase.

<b>Item</b>	<b>Manufacturer</b>	<b>Meal</b>	<b>Subcategory</b>
Captain Crunch Original	Quaker Oats	Breakfast	Cereal
Captain Crunch – Crunch Berries	Quaker Oats	Breakfast	Cereal
Captain Crunch – Oops All Berries	Quaker Oats	Breakfast	Cereal
Cinnamon Crunch	Cascadian Farms	Breakfast	Cereal
Cinnamon Raisin Granola	Cascadian Farms	Breakfast	Cereal
Fruitful Oh's	Cascadian Farms	Breakfast	Cereal
Granola Oats and Honey	Cascadian Farms	Breakfast	Cereal
Maple Brown Sugar	Cascadian Farms	Breakfast	Cereal
Cheerios	General Mills	Breakfast	Cereal
Cheerios-Apple Cinnamon	General Mills	Breakfast	Cereal
Cheerios – Frosted	General Mills	Breakfast	Cereal
Cheerios – Fruity	General Mills	Breakfast	Cereal
Cheerios – Multigrain	General Mills	Breakfast	Cereal
Chex – Corn	General Mills	Breakfast	Cereal
Chex- Rice	General Mills	Breakfast	Cereal
Chex - Wheat	General Mills	Breakfast	Cereal
Cinnamon Toast Crunch	General Mills	Breakfast	Cereal
Cocoa Puffs	General Mills	Breakfast	Cereal
Cookie Crisp	General Mills	Breakfast	Cereal
Cookie Crisp Sprinkles	General Mills	Breakfast	Cereal
Fiber One	General Mills	Breakfast	Cereal
Fiber One - Caramel Delight	General Mills	Breakfast	Cereal
Fiber One - Frosted Shredded Wheat	General Mills	Breakfast	Cereal
Golden Grahams	General Mills	Breakfast	Cereal
Kix	General Mills	Breakfast	Cereal
Kix - Honey	General Mills	Breakfast	Cereal
Lucky Charms	General Mills	Breakfast	Cereal
Lucky Charms - Chocolate	General Mills	Breakfast	Cereal
Trix Swirls	General Mills	Breakfast	Cereal
7 Wholegrain Puffs	Kashi	Breakfast	Cereal
Autumn Wheat	Kashi	Breakfast	Cereal
Blueberry Clusters	Kashi	Breakfast	Cereal
Cinnamon Harvest	Kashi	Breakfast	Cereal
Go Lean Crunch	Kashi	Breakfast	Cereal
Honey Sunshine	Kashi	Breakfast	Cereal
Honey Toasted Oat	Kashi	Breakfast	Cereal
Island Vanilla	Kashi	Breakfast	Cereal

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Strawberry Fields	Kashi	Breakfast	Cereal
Toasted Berry Crumbles	Kashi	Breakfast	Cereal
Warm Cinnamon Oat	Kashi	Breakfast	Cereal
All Bran	Kellogg	Breakfast	Cereal
All Bran – Bran Buds	Kellogg	Breakfast	Cereal
All Bran Complete Wheat Flakes	Kellogg	Breakfast	Cereal
All Bran-Strawberry Medley	Kellogg	Breakfast	Cereal
Apple Jacks	Kellogg	Breakfast	Cereal
Cinnabon	Kellogg	Breakfast	Cereal
Corn Flakes	Kellogg	Breakfast	Cereal
Corn Flakes with a Touch of Honey	Kellogg	Breakfast	Cereal
Cracklin Oat Bran	Kellogg	Breakfast	Cereal
Crispix	Kellogg	Breakfast	Cereal
Eggo Cereal	Kellogg	Breakfast	Cereal
Frosted Flakes	Kellogg	Breakfast	Cereal
Fruit Harvest	Kellogg	Breakfast	Cereal
Fruit Loops	Kellogg	Breakfast	Cereal
Fruit Loops with Marshmallows	Kellogg	Breakfast	Cereal
Honey Smacks	Kellogg	Breakfast	Cereal
Mini Wheats	Kellogg	Breakfast	Cereal
Mini Wheats- Big Bites	Kellogg	Breakfast	Cereal
Mini Wheats – Blueberry Muffin	Kellogg	Breakfast	Cereal
Mini Wheats – Cinnamon Streusel	Kellogg	Breakfast	Cereal
Mini Wheats – Strawberry Delight	Kellogg	Breakfast	Cereal
Pops	Kellogg	Breakfast	Cereal
Product 19	Kellogg	Breakfast	Cereal
Raisin Bran	Kellogg	Breakfast	Cereal
Rice Krispies	Kellogg	Breakfast	Cereal
Rice Krispies (Jumbo Multi-Grain)	Kellogg	Breakfast	Cereal
Raisin Bran Crunch	Kellogg	Breakfast	Cereal
Smart Start – Maple Brown Sugar	Kellogg	Breakfast	Cereal
Smart Start-Original	Kellogg	Breakfast	Cereal
Smart Start-Strawberry Oats Bites	Kellogg	Breakfast	Cereal
Smart Start – Toasted Oat	Kellogg	Breakfast	Cereal
Smores	Kellogg	Breakfast	Cereal
Special K	Kellogg	Breakfast	Cereal
Special K – Chocolate Delight	Kellogg	Breakfast	Cereal
Special K – Fruit & Yogurt	Kellogg	Breakfast	Cereal
Special K – Low Fat Granola	Kellogg	Breakfast	Cereal
Special K – with Red Berries	Kellogg	Breakfast	Cereal
Nature's Sweetened Wheatfuls	Mom's Best	Breakfast	Cereal
Toasted Cinnamon Squares	Mom's Best	Breakfast	Cereal

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Item	Manufacturer	Meal	Subcategory
Alpha Bits	Post	Breakfast	Cereal
Bran Flakes	Post	Breakfast	Cereal
Cocoa Pebbles	Post	Breakfast	Cereal
Cupcake Pebbles	Post	Breakfast	Cereal
Fruity Pebbles	Post	Breakfast	Cereal
Golden Crisp	Post	Breakfast	Cereal
Grape Nuts	Post	Breakfast	Cereal
Honey Bunches of Oats Honey Roasted (Original)	Post	Breakfast	Cereal
Honey Bunches of Oats with strawberries	Post	Breakfast	Cereal
Honey Bunches of Oats with Real Chocolate Bunches	Post	Breakfast	Cereal
Honey Bunches of Oats with Vanilla Bunches	Post	Breakfast	Cereal
Honey Bunches of Oats with Cinnamon Bunches	Post	Breakfast	Cereal
Honeycomb	Post	Breakfast	Cereal
Raisin Bran	Post	Breakfast	Cereal
Shredded Wheat	Post	Breakfast	Cereal
Shredded Wheat – Lightly Frosted	Post	Breakfast	Cereal
Shredded Wheat Wheat and Bran	Post	Breakfast	Cereal
Crunchy Corn Bran	Quaker Oats	Breakfast	Cereal
Honey Graham Oh's	Quaker Oats	Breakfast	Cereal
King Vitamin	Quaker Oats	Breakfast	Cereal
Life	Quaker Oats	Breakfast	Cereal
Life-Cinnamon	Quaker Oats	Breakfast	Cereal
Life-Maple and Brown Sugar	Quaker Oats	Breakfast	Cereal
Oat Bran	Quaker Oats	Breakfast	Cereal
Oatmeal Squares – Brown Sugar Cinnamon	Quaker Oats	Breakfast	Cereal
Puffed Rice	Quaker Oats	Breakfast	Cereal
Puffed Wheat	Quaker Oats	Breakfast	Cereal
Original Toasted Whole Wheat Flakes	Uncle Sam	Breakfast	Cereal
Wheat Flakes and Flax Seed	Uncle Sam	Breakfast	Cereal