



OFC Acceptable Foods List

- ✓ Always read the labels!!! Many companies change manufacturing processes or items sold, so it is always best to double check.
- ✓ When in doubt call the manufacturer, they will most likely let you know if the product is not cross contaminated or if they have had any changes to the manufacturing process.
- ✓ When you cannot find a product check Amazon or the manufactures website.
- ✓ While we try to do our best to update this list, we cannot guarantee that the companies have not changed their manufacturing processes or begun producing new products that will affect the allergy labels.

Peanut

- Hampton Farms
- America's Best Nut Co.
- Skippy or Jiff peanut butter
- Elmhurst Peanut Milk (avail on Amazon)

Almonds

- Barney Butter or Powder- Made in a facility that produces coconut products but, no other tree nuts or peanuts
- Maisie Jane's California Sunshine Almond Butter - Peanut-free but, does use other tree nuts
- Big Tree Organics- Almonds processed in an "almond only" facility
- Wonderful Brands- Produce their almonds and pistachios in two totally separate facilities (and no other nuts sold)
- Elmhurst Almond Milk (avail on Amazon)

Cashews (You will never find cashews still in the shell, as the shells are poisonous)

- Tierra Farms- the cashews are processed in factories that are dedicated to only cashews
- Maisie Jane's California Sunshine Cashew Butter - Peanut-free but, does use other tree nuts
- Elmhurst Cashew Milk (avail on Amazon)

Pecans

- Pearson Farm- Grows and handles pecans exclusively

Pine Nuts

- WholesalePineNuts.com- Peanut-free and OTHER tree nut- free pine nuts, which is all they sell.

Pistachios

- Santa Barbara Pistachios- Produces nothing but Pistachios.
- Wonderful Brands-Produce their almonds and pistachios in two totally separate facilities

Walnuts

- Gold River Orchards- Only sold in 30 pounds at a time but they freeze well and there's no cross contamination with other nuts.
- Fillmore Farms- Organic Walnuts ONLY
- Elmhurst Walnut Milk (avail on Amazon)

Hazelnuts

- Pacific Hazelnut non- dairy milk
- Elmhurst Hazelnut Milk (avail on Amazon)

Macadamia nuts

- Hamakua Macadamia Nut Company (available on Amazon)

Sesame (from sesame-only facilities)

- Kevala Tahini
- Kevala Sesame Flour: <https://kevala.net/products/kevala-organic-sesame-flour-2-lbs>
- Sesame King Tahini
- Oxygen Organic Tahini

Soy

- Edamame (soybeans)
- Soy yogurt- Stonyfields and other various brands
- Soy ice cream
- Soy milk
- Tofu

Peanut-FREE Tree Nut Butters and products

- NUTS for Nature- Organic peanut-free tree nuts and butters
- Nutella-Peanut-free hazelnut-chocolate spread (contains milk)
- Hawaiian Host- Peanut-free but processes almonds

Other Notes/ Products:

- Trader Joes often sells nuts that are cross contamination free (ex: Whole or walnut pieces)
- Artisana Nut Butters- Cross contaminated with other tree nuts but free of peanuts, gluten, dairy and soy
- Vor Nut Butters- Only make cashew, pistachio, macadamia, hazelnut, pecan, brazil nut, sunflower- <https://www.vorfoods.com/>
- Sunbutter (sunflower)
- Z-natural foods available on Amazon (packaged in different areas at different times on different equipment)
- Living Tree Nut butters
- For raw egg challenges:
 - Honeyville Powdered Egg White
 - Mix in egg free pudding, yogurt, applesauce or any other fruit sauce or baby food
- For raw milk challenges:
 - NOW Foods Non-Fat Dry Milk Powder
 - Mix in milk free pudding, soy yogurt, applesauce or any other fruit sauce or baby food