

## **Shelf-Stable Allergy-Friendly Foods for Emergencies**

*Always read ingredient labels. This list is just a guide and not an endorsement nor a guarantee of safety of products.*

### **Top 8 Allergy-Free:**

Made Good Granola and Granola Minis  
Libre Naturals Granola Bars and Oatmeal Cuts  
Freedom Foods Crunchola Granola bars and kid-friendly cereals  
Enjoy Life ProBurst Bites  
Meta Ball energy bites  
Sunbutter On the Go Single Serve Cups  
Wowbutter  
Ruby Rockets nondairy fruit and veggie blend  
Daiya Cheddar Style Deluxe Cheeze Sauce  
Namaste Foods Soup Cups  
Enjoy Life Foods bars  
Gerb's Seeds and dried fruits Stretch Island Fruit Leathers  
Valley Fresh canned chicken (individual pop top cans)  
Thai Kitchen instant rice noodles  
Minute Rice ready to serve individual serving cups  
Enjoy Life Foods Lentils – single serve variety pack  
Annie's Bunnies Organic Fruit Snacks  
Lundberg Rice Cakes  
Lotus Foods plain rice bowls

### **Dairy-Free Milk Alternatives:**

Various brands including Ripple, Silk, Pacific, So Delicious, etc. in single serve cartons

### **Additional Items:**

Rhythm Superfoods – dairy-free, gluten-free veggie snacks – some contain nuts. Kale chips are peanut and tree nut free.  
Bitsy's Brain Foods nut-free crackers (contains other allergens)  
Baby Mum-Mum gluten-free, egg-free, dairy-free, nut free, corn free teething for babies  
Rudi's Double Fiber bread (gluten-free, soy-free, dairy-free ; contains egg) and Ciabatta Rolls (plain and rosemary olive oil) that are also free of gluten, milk, and soy  
Gratify gluten-free pretzels  
Snyder's gluten-free pretzels  
Glutino gluten-free pretzels  
Don't Go Nuts single serve or jar soy-based nut-free butter (soynut butter)  
Glutino Toaster Pastry – gluten free, contain egg  
Applesauce cups – Mott's  
Diced fruit cups – Dole packed in juice, not corn syrup  
Hand wipes are important for families with food allergies

### **Formula Options for Infants with Milk Allergy:**

Nutramigen  
Carnation Good Start  
Isomil  
Prosobee  
Nestle Good Start Soy

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8201 Corporate Drive, Suite 1000, Landover, Maryland 20785 • 202-466-7643 • [info@aafa.org](mailto:info@aafa.org)

