



Our BB4CK Kitchen is a 100% Nut Free facility. We have created the following list to help you chose some of our favourite Nut Free products. We cannot accept products that are not on this current list. If you have suggestions to add to this list please email karin@bb4ck.org

Granola Bars

- President's choice-rich and chewy Minis (no chocolate dipped or chocolate covered)
- Natures Valley Lunch Box-nut free (no chocolate dipped or chocolate covered)
- Made Good Granola Bars or Granola Minis
- Kirkland Soft and Chewy Granola Bars (no chocolate dipped or chocolate covered)
- Nutra Grain Bars
- Quaker Nut Free Granola bars (no chocolate dipped or chocolate covered)
- Co-OP Gold Brand Chocolate Chip Granola bars (no chocolate dipped or chocolate covered)

Fruit Alternatives

- SunRype Fruit Source or Fruit To Go bars
- GoGo Squeeze Fruit Sauce (not fruit in plastic cups or apple sauce in cups)
- Sun-Maid Raisins

Crackers

- Gold Fish Crackers
- Presidents Choice Little Penguin Crackers

Cookies

- Bearpaw Soft Cookies
- Dare Brand individually packed cookies

Other

- Beef Jerky

Please note we do not accept juice boxes, fruit cups or any products that may contain nuts.



We also accept a variety of baking supplies that assist us in providing home made treats for our lunches. Please note all baking supplies must be made in a nut free facility.

Baking Supplies:

- Chip-Its chocolate chips (must be this brand as they are NUT-FREE)
- Sun-Maid raisins (must be this brand as they are NUT-FREE)
- Ground flax seed or Bran meal
- Oats (large bags)
- Multi-grain or Whole wheat cereal
- Kraft Brand Marshmallows (large colour free)
- Multi Grain Cheerios (no Honey Nut Cheerios)

Miscellaneous:

- Rubber cleaning gloves
- Nut-free cooking spray
- Latex free and powder free gloves
- Grocery gift cards
- Ziploc (or similar) Snack or Sandwich size bags

Thank you for supporting Brown Bagging for Calgary's Kids!

