

SHOPPING LIST:

NUT, EGG & MILK FREE FOODS

*A shopping list developed specifically for people
with nut, egg and milk allergies*

- Food list compiled by the Allergy Unit, Royal Prince Alfred Hospital, Dec 2010
- The shopping list is not an exhaustive list of all brands available, but is intended as a guide to products that are suitable for use.
- Please note that the foods / products listed within this booklet are correct at date of issue, and may be subject to change.
- Always check the label for allowed ingredients.

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CONTENTS

	Page
HOW TO USE THIS BOOKLET	3
IMPORTANT INFORMATION ON LABELLING	3
FOOD PRECAUTIONS	4
USEFUL WEBSITES	8
ALLERGEN-FREE SHOPPING LIST BY FOOD GROUP:	
Cereals, Grains, Flours, Rice, Gluten-Free Products	11
Vegetables	15
Fruits	16
Dairy Products	17
Soy Products & Dairy Alternatives	18
Meat, Poultry, Fish, Eggs	19
Vegetarian Products	19
Fats & Oils	19
Beverages	20
Herbs, Spices, Condiments, Sauces	20
Jams, Spreads, Sugars, Sweets, Confectionery, Desserts	21
Biscuits, McVities Products, Bars, Snacks, Crisps	22
Miscellaneous	23
Infant & Toddler Products	25
Fast Food / Takeaway / Food Outlets	27
COMMON BRANDS NOT LISTED	28
PHONE DIRECTORY	30

HOW TO USE THIS BOOKLET

This booklet has been produced by the Allergy Unit at Royal Prince Alfred Hospital, to assist in identifying foods which are free of nut, egg and/or milk. Foods are listed in the following sections, each representing a particular food group or category:

- Cereals, Grains, Flours, Rice, GF Products
- Vegetables
- Fruits
- Dairy Products
- Soy Products & Dairy Alternatives
- Meat, Poultry, Fish, Eggs
- Vegetarian Products
- Beverages
- Fats & Oils
- Herbs, Spices, Condiments
- Jams, Spreads, Sugars, Sweets, Confectionery, Desserts
- Biscuits, Bars, Snacks, Crisps
- Miscellaneous
- Golden Circle Infant Foods
- Heinz Baby & Infant Products
- Fast Food / Takeaway / Food Outlets

Within each section, food products are grouped according to their brand name. The NUT FREE, EGG FREE and MILK FREE columns indicate if the product is nut, egg and/or milk free.

Please note that the foods / products listed within this booklet are correct at date of issue, and may be subject to change. We recommend that you check the ingredients list on all products before consumption, due to possible changes in products and raw materials. It is also recommended that you contact the appropriate food company to confirm their nut/egg/milk free products or the current allergen status of a particular product, prior to purchase.

IMPORTANT INFORMATION ON LABELLING

Food labels are a useful source of information, allowing consumers to make more informed food choices. There are two main components of the food label that need to be referred to:

1. **Ingredients** list - This lists all ingredients in the food product. Manufacturers are required to declare all foods, food ingredients or components of an ingredient made from:

- Peanuts and other nuts
- Seafood
- Fish
- Milk
- Eggs
- Wheat / gluten
- Soybeans

2. Products that carry a “**may contain....**” statement. This should be checked with the manufacturer to ascertain risk. A food must have a warning statement if there is a possibility of contamination as part of the manufacture or handling.

Note: The term ‘contains’ indicates that the product contains the allergen or derivatives of the allergen within it. ‘Contains traces of’ is stated when an allergen is not added directly to a food, but there is a real risk that the allergen is present.

For more information on food labels, refer to:

- www.foodstandards.gov.au
- “*The Official Shopper’s Guide to Food Additives and Labels: Know What You’re Eating at a Glance*”, produced by Food Standards Australia New Zealand, 2002.

FOOD PRECAUTIONS

In many cases, the presence or traces of nuts, eggs, milk and fish may not be apparent in a food product, or may even be overlooked. The following tables serve as a guide and overall summary of the presence of allergens in foods. They outline foods and food products that may contain nut/egg/milk/fish as a major, usual or possible ingredient. Products at risk of being contaminated with the allergen(s) are also listed. Therefore, these products are not intended for consumption by those with nut/egg/milk/fish allergies.

REMEMBER: Check food labels carefully every time AND if ever in doubt, avoid or don't eat the food.

PEANUT & OTHER NUTS

Nuts that can cause severe allergy reactions include:

- Cashews
- Walnuts (butternuts)
- Pecans
- Almonds
- Hazelnuts (filberts)
- Brazil nuts (cream nut or para nut)
- Pine nuts (pignoli, pinon nuts, Indian nuts, stone nuts)
- Macadamia nuts (Australian nuts or Queensland nuts)
- Pistachios.

Generally, people allergic to one nut should avoid all nuts, so the above terms corresponding to different types of nuts should be considered when reading labels and interpreting warning statements.

Peanuts or other nuts as a major ingredient	Peanuts or other nuts as a usual ingredient that may be overlooked	Peanuts or other nuts as a possible ingredient that may be overlooked	Products at risk of being contaminated with peanuts or other nuts (not as a listed ingredient)
Peanut or other nut batters and pastes Peanut sauce Satay sauce Nut biscuits Nutella Nuts in salads (such as Waldorf salad) Baklava and other nut pastries Crushed nuts on cakes, buns, ice creams and desserts Praline (finely or coarsely crushed nut and toffee used in desserts and chocolates) Nut meat or nut rissoles	Muesli, fruit containing breakfast cereals Muesli bars Health bars Energy bars Carrot cake and muffins Christmas cake Christmas pudding Friands Flourless cakes Marzipan Icing on wedding cakes Nougat Turkish delight Pesto South East Asian food Indian food Chinese food Vegetarian burgers	Cakes Biscuits Buns Pastry Pies Puddings Desserts Chocolate Fudge Textured or hydrolyzed vegetable protein (TVP and HVP) "Natural" flavourings Sauces Salad dressings Gourmet or special ice creams Cassata Animal and bird feeds Cosmetics and massage oils	Restaurant food Asian or other ethnic foods Takeaway or unlabelled food Commercial biscuits Commercial breakfast cereals Commercial ice creams All chocolate products Confectionery

EGG

Egg as a major ingredient	Egg as a usual ingredient that may be overlooked	Egg as a possible ingredient that may be overlooked	Products at risk of being contaminated with egg (not as a listed ingredient)
Eggs – boiled, fried, poached, scrambled Egg in salads Quiche Egg and bacon pie Spinach pie Custards Meringues Pavlova Macaroons Mayonnaise Sauces (Bearnaise and tartar)	Cake Cheesecake Eclairs and other pastries made from choux pastry Breads (glazed) Pastries (glazed) Doughnuts Waffles Pancakes Pikelets Egg noodles Fried rice Pre-crumbled foods (such as schnitzel, hamburgers, meatloaf) Caesar salad	Ice cream Sorbet Dips with mayonnaise as an ingredient Bread Dumplings Biscuits Baking powder Pretzels Macaroni Spaghetti Soups (especially with noodles) Sausages Salad dressings (such as Caesar salad or Ranch dressing) Confectionery Marshmallow Clear soups & white wine Bird feed	Biscuits

MILK

Milk as a major ingredient	Milk as a usual ingredient that may be overlooked	Milk as a possible ingredient that may be overlooked	Products at risk of being contaminated with milk (not as a listed ingredient)
Milk – plain / flavoured Milk powder Butter Cream Cheese Ice cream Custard Yoghurt Sweetened condensed milk Evaporated milk Infant formula Low lactose infant formulas Protein hydrolysate formulas Whey powder Wheylite Chocolate Chocolate drink powders Malted milk drinks Sustagen and other high protein drink powders Coffee Mate and other beverage whiteners	Margarine Creamed soups Flavoured crisps Savoury snacks Baked goods (muffins, cakes, bread, pastry, etc) White sauce Caramels Butterscotch	Gravy Confectionery Luncheon sausage meat (such as devon and salami) Pet food Baby foods Soy cheese	Dark chocolate Soy chocolate Carob soy buttons Easter eggs Biscuits Flavourings Soy yoghurt

FISH

Products with fish as a major, usual or possible ingredient / Products at risk of being contaminated with fish (not as a listed ingredient).
Seafood fried in the same oil as other food Minced fish or prawns in cocktail snacks or spring rolls All Japanese food, even chicken dishes Thai fish sauce Salad dressings that may have a fish-based sauce added to them Worcestershire sauce (just an English version of Asian fish sauce) Some steak sauces Anchovies in salad dressings, as in a Caesar salad Pizza toppings Italian dishes, particularly those from southern Italy Spanish dishes, particularly those from the Mediterranean region Tapas (Spanish snacks) Tapenade (olive and anchovy paste) Aquarium fish food Other pet foods, such as cat foods or brine shrimp to feed turtles and aquarium fish Hermit crabs for pets Note: Fish oil in capsules may contain allergen.

USEFUL WEBSITES

Below is a list of websites that may be useful to refer to regarding food allergies and allergen free foods:

[Allergy Assist – www.allergyassist.com](http://www.allergyassist.com)

This website is a simple and personal solution to shopping for a broad range of allergy and food intolerance products

[Allergy Block allergy-free products - www.allergyblock.com](http://www.allergyblock.com)

This is a website launched by parents of an allergic child. The site enables people to access a wide range of specialty products, and share their experiences with others worldwide.

[Allergy Consumer Review – www.allergyconsumerreview.com](http://www.allergyconsumerreview.com)

This website provides product reviews, advice and solutions. There is a free online e-newsletter available for subscribers.

[Allergy Free – www.allergyfree.com.au](http://www.allergyfree.com.au)

The founders of this website aim to improve the quality of life of people suffering from allergies, intolerances and chemical sensitivities through up-to-date information, support, advice, access to a range of products and services, and links.

[Allergy Free \(New Zealand\) – www.allergyfree.co.nz](http://www.allergyfree.co.nz)

This is the website of a NZ supplier of allergen control products. Their intention is to support and grow the Allergy Free product range.

[AllergySupport.org – www.allergysupport.org](http://www.allergysupport.org)

AllergySupport.org is an online community for people with allergies and parents of children with allergies.

[Allergy Train – www.allergytrain.com.au](http://www.allergytrain.com.au)

Allergy Train caters specifically for people with known food intolerance, and those trying to identify possible intolerances via the RPAH Elimination Diet. Most of their products are also free from wehat, gluten, egg, dairy, nut, tree nuts and soy.

[Anaphylaxis Australia – www.allergyfacts.org.au](http://www.allergyfacts.org.au)

Anaphylaxis Australia is dedicated to assisting individuals and their carers in the management of anaphylaxis. It strives to raise awareness of life threatening allergy in the community and provides science-based information, resources and services to support children and adults living with anaphylaxis.

USEFUL WEBSITES Cont.

AllergEase – www.allergease.com.au

AllergEase is an online store which stocks foods free from gluten, wheat, nut, egg, dairy, yeast, soy, sesame and seafood. It also caters to people who have intolerances to food chemicals amines and salicylates.

Alpha Confectionery – www.chocolatebox.com.au

Nut free plain and fruit flavor filled chocolates are available at David Jones, some Franklin's stores and kosher outlets from The Chocolate Box.

Blue Pumpkin – www.bluepumpkin.com.au

Blue Pumpkin is a wholesale distributor of a range of gluten-free, dairy-free, and/or GM-free snacks and products.

Choices – www.choicesglutenfree.com.au

Choices is an innovative bakery specialising in gourmet gluten and wheat free bread, pastry, pies and cakes. Some of their products are also free from common allergens such as egg, milk and nuts.

Dollar Sweet – www.dollarsweet.com.au

Dollar Sweet Company does not have nuts of any kind in their factory, and it provides product range of cake decorating, high boil, confectionary and compound chocolate.

Food Allergy and Anaphylaxis Network – www.foodallergy.org

The Food Allergy and Anaphylaxis Network (FAAN) is a leader in food allergy and anaphylaxis awareness and the issues surrounding this disease.

Food Allergy Cookbook – www.foodallergycookbook.com

This website provides a number of recipes for the family that are milk-, egg- and nut-free.

Enjoy Life – www.enjoylifefoods.com

Enjoy life products contain no wheat, dairy, peanuts, tree nuts, egg, soy, fish, shellfish, casein, potato, sesame & sulphites. All products are made in a dedicated nut & gluten free bakery.

gcFree – www.gcfree.com.au

gcFree have sourced a delicious range of milk alternatives, ice cream mixes, cake & cookie mixes, ready made cookies, snack bars, choc chips & chocolate bars that are allergen free.

Hullabaloofood – www.hullabaloofood.com

All Hullabaloofood foods are peanut and tree-nut free and are prepared and packaged in a nut free commercial kitchen. They are also free from preservative, artificial colours and flavours.

It's Nut Free – www.itsnutfree.com

This is a UK-based website that provides a range of products that are nut-free.

USEFUL WEBSITES Cont.

[Kinnerton Confectionery – www.kinnerton.com.au](http://www.kinnerton.com.au)

It has a wide range of chocolate items particularly in the novelty cartoon character range.

[Manufactured Food Database – www.mfd.co.nz](http://www.mfd.co.nz)

This is a New Zealand-based website that enables you to access food lists free of certain allergens, such as peanut, egg, milk, legumes, soy, gluten and wheat. The lists are comprised of foods that are available in New Zealand, and therefore further information must be gained regarding the allergen status of the products in Australia.

[NO NUTS – www.nonuts.com.au](http://www.nonuts.com.au)

No Nuts supply nut free food & party bags for home, parties, schools, events and nut free fundraising chocolates.

[Olive Green Organics –www.olivegreenorganics.com.au](http://www.olivegreenorganics.com.au)

Olive Green Organics supplies products that cater for most special dietary needs eg. wheat, gluten, nut, egg and/or dairy free.

[Sunnybrook's GlutenFreeShop - www.glutenfreeshop.com.au](http://www.glutenfreeshop.com.au)

This website contains a range of products that are free of wheat, egg, milk, dairy, soy etc.

[Sweet William - www.sweetwilliam.com.au](http://www.sweetwilliam.com.au)

Sweet William is an innovative dairy free chocolate company that produces a range of delicious chocolate products that are dairy free, gluten free and nut free.

CEREALS, GRAINS, FLOURS, RICE, GF PRODUCTS

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	BELLAMY'S ORGANIC Baby Rice / Porridge	*
*	*	*	BELLAMYS ORGANIC Brown Rice Pasta Stars	*
*	*	*	BELLAMY'S ORGANIC Rice Cakes	*
*	*	*	BELLAMY'S ORGANIC Spelt Pasta Twists	*
*	*	*	BELLAMY'S ORGANIC Apple and Cinnamon Breakfast; Banana and Vanilla cereal	
*	*	*	BELLAMY'S ORGANIC Baby Macaroni	
*	*	*	BELLAMY'S ORGANIC Superbites with 5 grains; with 5 fruits	
*	*	*	BELLAMY'S ORGANIC Veggie Macaroni	
*	*		BELLAMY'S ORGANIC Grissini: Cheesy Tomato	
*	*	*	CASALARE Brown Rice twists	*
*	*	*	CASALARE Plain Flour	*
*	*	*	CASALARE Rice Macaroni, Rice Noodles, Rice Spirals.	*
*	*	*	CASALARE Self Raising Flour	*
*	*	*	CASALARE White Rice Crumbs	*
*	*	*	CASALARE Classic – Rigatoni, Spirals, Shells, Spaghetti, Fettucine, Stir-Fry Noodles,	
*	*	*	CASALARE Mixes – Choc Mud-Cake; Muffin; Cookie; Pizza Base; Bread; Quinoa Pancake; Batter/Tempura	
*	*	*	CASALARE Org - Bronzato Pagoda , Lasagna Sheets , Vegie Alphabets /Spirals, Spelt Spaghetti/Pagoda.	
*	*	*	CASALARE Premium - Lasagne Sheets, Cannelloni, Tom/Basil Macaroni, Gar/Parsley Sprial, Vegie Penne, Macaroni Twists, Panne	
*	*	*	CASALARE Risoni Pasta	
*	*	*	CASALARE Spinach Fettucine	
*	*	*	CASALARE Vegie Shells, Quick Cook Noodle, Alphabet Noodles	
*	*	*	FREEDOM FOODS - Corn Flakes, Rice Flakes, Maple Crunch, Museli, Quick Oats, TropicO's, Coca puffs, Rice puffs	
	*	*	KELLOGG'S All-Bran Original	*
	*	*	KELLOGG'S Guardian	*
	*	*	KELLOGG'S Rice Bubbles	*
	*	*	KELLOGG'S Special K	*
	*	*	KELLOGG'S All Bran – Dual, Wheat flakes, Tropical, Wheat flakes honey almond	
	*	*	KELLOGG'S Coco pops	
	*	*	KELLOGG'S Coco pops -Chex, Coco rocks	
	*	*	KELLOGG'S Corn flakes	
	*	*	KELLOGG'S Corn flakes wholegrain from wheat and rice	
	*	*	KELLOGG'S Crispix	
	*	*	KELLOGG'S Crunchy nut - Corn Flakes, Clusters, Nutty	
	*	*	KELLOGG'S Froot Loops	
	*	*	KELLOGG'S Frosties	
	*	*	KELLOGG'S Just Right Original, Antioxidant,Tropical	

CEREALS, GRAINS, FLOURS, RICE, GF PRODUCTS cont...

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
	*		KELLOGG'S Komplete Oven baked muesli	
	*	*	KELLOGG'S Mini-wheats- Blackcurrant flavour, 5 Grains	
	*	*	KELLOGG'S Nutri-Grain	
	*	*	KELLOGG'S Special K - Advantage, Forest Berries, Honey & Almond	
	*		KELLOGG'S Special K With Chocolatey Flakes	
	*	*	KELLOGG'S Sultana Bran, Crunch	
	*	*	KELLOGG'S Sustain	
*	*	*	NORGANIC FOODS -Crunchola Apple & Cinnamon, Apple & Blueberries, Berry & Vanilla	
*	*	*	ORGRAN 100% Amaranth puffed breakfast cereal	*
*	*	*	ORGRAN All Purpose Pastry Mix	*
*	*	*	ORGRAN All Purpose Rice crumbs	*
*	*	*	ORGRAN Buckwheat pancake mix	*
*	*	*	ORGRAN Bread mixes – White, wholemeal	*
*	*	*	ORGRAN No Egg	*
*	*	*	ORGRAN Apple & Cinnamon Pancake Mix	
*	*	*	ORGRAN Cake Mix Range	
*	*	*	ORGRAN Canned Pasta Range	
*	*	*	ORGRAN Chocolate Mousse Mix	
*	*	*	ORGRAN Cornbread & Muffin mix	
*	*	*	ORGRAN Custard Mix	
*	*	*	ORGRAN Essential Fibre Pasta Range; Lasagnette	
*	*	*	ORGRAN Falafel Mix	
*	*	*	ORGRAN Flour range	
*	*	*	ORGRAN Gluten free gluten	
*	*	*	ORGRAN Gravy Mix	
*	*	*	ORGRAN Gourmet Pasta Range	
*	*	*	ORGRAN Muffin Mix Range	
*	*	*	ORGRAN Multigrain Breakfast O's with Quinoa	
*	*	*	ORGRAN Pizza & Pastry Mix	
*	*	*	ORGRAN Rice & Corn Pasta Range	
*	*	*	ORGRAN Stoneground Pasta Range	
*	*	*	ORGRAN Supergrains Pasta range	

CEREALS, GRAINS, FLOURS, RICE, GF PRODUCTS cont...

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	PURE HARVEST Rice Cakes – Natural, Organic	*
*	*	*	PURE HARVEST Corn cakes Organic Thin	
*	*	*	PURE HARVEST Noodles Buckwheat Organic (contains wheat flour)	
*	*	*	PURE HARVEST Noodles Buckwheat & Green Tea Organic (contains wheat flour)	
*	*	*	PURE HARVEST Noodles Lomein – Spinach, Tomato (both flavours contains wheat flour)	
*	*	*	PURE HARVEST Noodles Somen Organic (contains wheat flour)	
*	*	*	PURE HARVEST Noodles W/W Thin Lomein Organic (contains wheat flour)	
*	*	*	PURE HARVEST Noodles Wheat Organic (contains wheat flour)	
*	*	*	PURE HARVEST Rice Cakes – Sesame, Organic Linseed & Sesame thin, Barley.	
*	*	*	PURE HARVEST Udo Corn (contains wheat flour)	
*	*	*	PURE HARVEST Udo Rice (contains wheat flour)	
*	*	*	REAL FOODS Corn Thins- Original; Soy & Linseed; Multigrain; and Sesame.	
*	*	*	REAL FOODS Rice Thins	*
*		*	SAN REMO Lasagna Sheets	*
*		*	SAN REMO Penne	*
*		*	SAN REMO Spaghetti	*
*		*	SAN REMO Spirals	*
*	*	*	SANITARIUM Puffed Wheat	*
*	*	*	SANITARIUM Weet-Bix	*
*	*	*	SANITARIUM Weet-Bix Kids	*
*	*	*	SANITARIUM Weet-Bix Lite	*
	*		SANITARIUM Berry and Yoghurt Coated Flakes Muesli	
	*		SANITARIUM Fibre Life Bran Flakes	
	*		SANITARIUM Fibre Life Bran and Oats with Berry	
	*		SANITARIUM Fruit and Five Grain Muesli	
	*		SANITARIUM Granola	
	*		SANITARIUM Granola Cluster- Berry Delicious, Vanilla & Almond	
*	*	*	SANITARIUM Honey Weets	
	*	*	SANITARIUM Light 'n' Tasty – Apricot & Almond, Triple Berry (620g & 900g only)	
	*		SANITARIUM Light 'n' Tasty – Macadamia & Honey with Oat Cluster	
*	*	*	SANITARIUM Skippy Cornflakes (500g & 800g packs only)	
*	*		SANITARIUM Skippy Ricies	
	*		SANITARIUM Toasted Golden Oats & Fruit Muesli	
*	*		SANITARIUM Weet-Bix Hi-Bran	
*	*	*	SANITARIUM Weet-Bix Apricot, Wild Berry Bites (EXCLUDING 35g packs)	
*	*	*	SANITARIUM Weet-Bix Crunchy Honey Bites (EXCLUDING 35g packs)	
*	*	*	SANITARIUM Weet-Bix Cocoa Malt Bites (EXCLUDING 35g packs)	
	*		SANITARIUM Weet-Bix Multigrain	
*	*	*	SANITARIUM Weet-Bix Organic	

CEREALS, GRAINS, FLOURS, RICE, GF PRODUCTS cont...

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*		SPC Spaghetti Product Range (with cheese)	
*	*	*	SPC Spaghetti Product Range (containing no cheese)	
*		*	WELL AND GOOD All purpose cake mix	
*	*	*	WELL AND GOOD Crusty bread mix	
*	*	*	WELL AND GOOD Cupcake mix	
*		*	WELL AND GOOD Chocolate mud cake mix	
*	*	*	WELL AND GOOD Classic bread mix	
*	*	*	WELL AND GOOD Marble cake mix	
*	*	*	WELL AND GOOD Muffin mix	
*		*	WELL AND GOOD Premium cookie mix	
*		*	WELL AND GOOD Sponge pound cake mix	
*	*	*	WELL AND GOOD Self raising flour mix	

VEGETABLES

Vegetables (fresh, canned or frozen), in general, are nut free, egg and milk free unless otherwise specified on the package.

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	GOLDEN CIRCLE Beetroot (Drained) – All ranges	
*	*	*	GOLDEN CIRCLE Corn (Drained) – All ranges	
*	*	*	HEINZ Baked Beans, 130g cans – Tomato, Salt Reduced, Ham	
*	*	*	HEINZ Baked Beans, 220g cans – Tomato, Salt Reduced, Ham Sauce, Mild Curry, Barbeque, Sweet Chilli, Bacon bits, Sausage in BBQ Sauce	
*	*	*	HEINZ Baked Beans, 420g cans – Tomato, Salt Reduced, Ham Sauce, Barbeque, No Added Salt, Sweet Chilli, English, With steak & bacon	
*	*	*	HEINZ Baked Beans, 820g cans – Tomato, Ham Sauce	
*	*		HEINZ Baked Beans, 220g cans – Cheesy Tomato	
*	*		HEINZ Baked Beans, 420g cans – Cheesy Tomato, With Sausages	
*			HEINZ Baked Beans Snap Pots – Tomato	
*			HEINZ Good Stuff Vegetable Wedges – All ranges	
*	*	*	HEINZ NZ Pure Vegetables – All ranges	
*	*	*	HEINZ Frozen Vegetables- All peas & beans, All mixed vegetables.	
*	*	*	HEINZ SteamFresh Vegetables- All ranges	
*	*	*	HEINZ Stir fry – Imperial mix, Shanghai mix, Thai mix	
*	*	*	SPC Asparagus	
*	*	*	SPC Corn Kernels	
*	*	*	SPC Baked Beans	
*	*		SPC Baked Beans Cheesy Cheddar	
*	*	*	SPC Chick Peas	
*	*	*	SPC Five Bean Mix	
*	*	*	SPC Red Kidney Beans	
*	*	*	SPC Three Bean Mix	
*	*	*	WEIGHT WATCHERS baked beans in tomato sauce (regular)	
*	*	*	WEIGHT WATCHERS baked beans in tomato sauce (25 % less salt, 99% fat free)	
*	*	*	WEIGHT WATCHERS Frozen potato – Crunchy oven wedges, Oven chips	

FRUITS

Fruit (fresh, canned or frozen), in general, is nut, egg and milk free, unless otherwise specified on the package.

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	ANGAS PARK Apricots – Regular, Soft & Juicy	
		*	ANGAS PARK Apricot Delight	
*	*	*	ANGAS PARK Currants	
*	*	*	ANGAS PARK Fruit Medley	
*	*	*	ANGAS PARK Fruit Salad	
*	*	*	ANGAS PARK Glace Red Cherries	
*	*	*	ANGAS PARK Imitation Cherries – Green and Red	
*	*	*	ANGAS PARK Mixed Fruit – A and B	
*	*	*	ANGAS PARK Muesli Mix	
*	*	*	ANGAS PARK Mixed Peel	
*	*	*	ANGAS PARK Natural Muscatels	
*	*	*	ANGAS PARK Natural Sultanas	
*	*	*	ANGAS PARK Peaches	
*	*	*	ANGAS PARK Prunes – Regular, Pitted	
*	*	*	ANGAS PARK Pears	
*	*	*	ANGAS PARK Seeded Raisins	
*	*	*	ANGAS PARK Sultanas	
*	*	*	BELLAMY'S ORGANIC Fruit Snacks - Apple / Apple and Pear / Apple and Banana Snacks	
*	*	*	BELLAMY'S ORGANIC Pinkies Fruity Bars	
*	*	*	GOLDEN CIRCLE Fruit Salad in Natural Juice – All ranges	
*	*	*	GOLDEN CIRCLE Fruit Salad in Syrup – All ranges	
*	*	*	GOLDEN CIRCLE Pineapple in Natural Juice – All ranges	
*	*	*	GOLDEN CIRCLE Pineapple in Syrup – All ranges	
*	*	*	GOULBURN VALLEY & SPC Fruit and Juice Product Range – Plastic Packs, Cans, Snacks	
*	*	*	GOULBURN VALLEY & SPC Jelly snacks & sorbet range	
*	*	*	SPC ARDMONA Fruit Range – fruit halves, slices, salad, nectars	
*	*		SPC IXL Fruit Bars	
*	*	*	SPC IXL Fruit Snacks, Fruit Combo, Noughts & Crosses	
*	*	*	SPC & ARDMONA Range of whole peeled, diced, chopped tomatoes.	
*	*	*	SPC & ARDMONA Rich & Thick Range (tomato products)	

DRIED FRUIT - Even though dried fruit itself may be free of nut/egg/milk (in the ingredients list), products containing these may be packaged in the same area as nuts, presenting a possible risk of contamination.

DAIRY PRODUCTS

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*		BEGA Fingers	
*	*		BEGA Natural cheddar cheeses	
*	*		BEGA Processed cheeses	
*	*		BEGA Reduced fat cheddar cheeses	
*	*		BEGA Stringers	
*	*		LIDDELLS Lactose Free Plain Milk range – full cream, low fat, skim, high calcium skim, high calcium semi skim	*
*	*		LIDDELLS Lactose Free Thickened Cream	*
*	*		LIDDELLS Lactose Free Yoghurt – Plain	
*	*		LIDDELLS Lactose Free Chocolate flavoured milk	
*	*		LIDDELLS Lactose Free Yoghurt – Apricot, Wild berry	
*	*		SANITARIUM Up & Go - Strawberry, Vanilla Ice, Banana, Choc Ice	
*	*		SANITARIUM Up & Go Energise- Chocolate, Vanilla	
*	*		SANITARIUM Up & Go Vive Wild Berry, Banana	
*	*		SPC Rice Cream	

SOY PRODUCTS & DAIRY ALTERNATIVES

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*		AUSTRALIAS OWN Organic Light Soy Milk	*
*	*		AUSTRALIAS OWN Organic Malt Free Soy	*
*	*		AUSTRALIAS OWN Organic Premium soy milk	*
*	*		AUSTRALIAS OWN Organic Rice Milk	*
*	*		AUSTRALIAS OWN Organic Honey Oat milk	
*	*	*	PURE HARVEST Aussie Dream Organic Rice milk	*
*	*	*	PURE HARVEST Aussie Lite Soy	
*	*	*	PURE HARVEST Aussie Soy Natural	
*	*	*	PURE HARVEST Nature's Soy Enriched Organic	
*	*	*	PURE HARVEST Nature's Soy - Lite, Original, Malt Free Organic	
*	*	*	PURE HARVEST Oat Milk	
*	*	*	PURE HARVEST Rice Milk	*
*	*	*	PURE HARVEST Rice Milk plus calcium	*
*	*	*	SANITARIUM So Good - Essential (Contains gluten)	*
*	*	*	SANITARIUM So Good - Regular, Lite, 99.9% Fat Free (Contains gluten)	*
*	*	*	SANITARIUM So Good Bliss -Vanilla (Contains gluten)	*
*	*	*	SANITARIUM So Good Bliss Flavours - Chocolate, Strawberry, Vanilla	
*	*	*	SANITARIUM So Good Bliss Soy Based 'Ice Cream' Alternative – Vanilla Bliss, Chocolate Bliss	
*	*	*	SANITARIUM So Good Chilled - Regular, Lite, 99.9% Fat Free (Contains gluten)	*
*	*	*	SANITARIUM So Good Organics soy milk	*
*	*	*	SANITARIUM So Good Rice Milk	*
*	*	*	SANITARIUM So Nice – Regular, Lite	*
*	*		SO NATURAL Extra milky soy milk	*
*	*		SO NATURAL Light	*
*	*		SO NATURAL Original	*
*	*		SO NATURAL Rice Milk	*
*	*		SO NATURAL Rice Milk with omega 3	*
*	*	*	VITASOY All Product Range	

MEAT, POULTRY, FISH, EGGS

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*			GREENSEAS Tuna (cans) – All flavours	
*		*	SEALORD Beer Batter Hoki 8 x 450g	
*	*		SEALORD Classic Crumb Dory 8 x 480g	
*	*		SEALORD Classic Crumb Fish Fingers 8 x 400g	
*	*		SEALORD Classic Crumb Hoki 8 x 480g	
*	*	*	SEALORD Simply Crumbed Hoki Fillets with Linseed, Sunflower and Pumpkin Seeds 6 x 480g	
*	*	*	SEALORD Simply Crumbed Hoki Fillets with Toasted Oats 6 x 480g	
*	*	*	SEALORD Simply Crumbed Hoki Fillets with Wholemeal 6 x 480g	
*		*	SEALORD Tempura Batter Hoki 8 x 450g	

VEGETARIAN PRODUCTS

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*		SANITARIUM Vegie Delights – Rosemary, Sage & Parsley Sausage	
*	*		SANITARIUM Vegie Delights – Sundried Tomato & Kalamata Olive Sausage	

FATS AND OILS

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	PURE HARVEST Oil Canola Organic	*
*	*	*	PURE HARVEST Oil Safflower Organic	*
*	*	*	PURE HARVEST Oil Sunflower Organic	*
*	*	*	PURE HARVEST Oil Olive Organic Cold Pressed Extra Virgin	

This shopping list is not an exhaustive list of all brands available, but is intended as a guide to products that are suitable. There is an extensive range of fat and oil products in supermarkets, and it is difficult to produce a list of all brands that are considered free of nut, egg or milk. It is suggested that you contact any food companies that are manufacturers of fats and oils, as well as check the label for ingredients and warning statements.

BEVERAGES

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	OCEAN SPRAY Juice drinks Cranberry – Classic, Light; Blackcurrant; Pomegranate	
*	*	*	OCEAN SPRAY Juice drinks Ruby Red Grapefruit	
*	*	*	PURE HARVEST Juice organic – Apple, Apple & pear, Apple & strawberry, Orange.	
*	*	*	PURE HARVEST Juice organic UHT – Apple, Orange	

HERBS, SPICES, CONDIMENTS, SAUCES

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*		ARDMONA pizza sauce and tomato paste 140g and squeeze bottle	
*	*	*	ARISTOCRAT Pickled Gherkins; Olives in Brine; Mustard Pickles; Corn Relish; Gherkin Relish	
*	*	*	BLUE BANNER Pickled Onions	
*	*	*	HENIZ Condiments – Epicure horseradish, Epicure fresh mustard, Tomato capsicum and black pepper chutney	
*			HENIZ Dijon Mustard Sauce with hint of Orange.	
*	*	*	HENIZ HP Sauces-220ml, 372ml	
*	*	*	HEINZ Ketchup –Tomato, Organic	
*			HENIZ Mayonnaise – Caesar wit hparmesan, Yoghurt and garlic	
*		*	HENIZ Mayonnaise – Salad Cream (Regular and Lite), Mayonnaise traditional egg, Mayonnaise Aioli with Dill	
*	*	*	HENIZ Tomato sauce – Big red tomato sauce, big red lite tomato saue	
*	*	*	HENIZ Variety sauces - Lee and Perrine sauce, Tomato with capsicum and chilli, Peppered sauce	
*	*	*	OLD COUNTRY Pickled Gherkins	
*	*	*	ORGRAN Pasta & Sauce Tomato & Basil	
*	*	*	PURE HARVEST Tahini hulled organic	
*	*	*	PURE HARVEST Tahini unhulled organic	
*	*	*	PURE HARVEST Tamari Organic – 250ml, 500ml. (gluten free)	
*	*	*	PURE HARVEST Shoyu Organic – 250ml, 500ml.	
*	*	*	SPC Fruit Sauces. Apple, Apricot, Plum, Cranberry	
*	*	*	SPC IXL Apple Sauce	
*	*	*	STROMBOLI Pasta Sauces	
*		*	WEIGHT WATCHERS mayonnaise	

JAMS, SPREADS, SUGARS, SWEETS, CONFECTIONERY, DESSERTS

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	BUNDABERG Sugars (white, caster, brown) & icing mixture	*
	*	*	COTTEE'S 80g Drawing Jams – Strawberry, Raspberry	
*	*	*	COTTEE'S 250g & 500g Jams – All flavours	
*	*	*	COTTEE'S Diet Toppings (Glass)-All flavors EXCEPT CARAMEL	
*	*		COTTEE'S Diet Toppings (Glass)-Caramel flavored regular & diet	
*	*	*	COTTEE'S Jelly Crystals – All flavours	
	*		COTTEE'S Ice Magic range	
*			ESKAL Free Nut Butter Smooth & Crunchy 450g	
*	*	*	ROSE'S traditional conserve (350g) – all flavours	
*	*	*	ROSE'S marmalade (500g) – all flavours	
*	*	*	GREEN FROG Deluxe Carob 50g	
*	*	*	ROSELLA Fruit Chutney; Geoff Jansz Chutneys; Mustard pickels	
*	*	*	SANITARIUM Marmite	
	*	*	SANITARIUM Peanut Butter, all varieties	
*	*	*	SPC IXL range	
*	*	*	SWEET WILLIAM Chocolate Spread	
*	*	*	SWEET WILLIAM Dairy Free Chocolate 50g Bar - No Added Sugar	
*	*	*	SWEET WILLIAM Dairy Free Chocolate 50g Bar - Original, Not Nuts, Rice Crackle	
*	*	*	SWEET WILLIAM Dairy Free Chocolate 100g Original Block	
*	*	*	SWEET WILLIAM Dairy Free Chocolate 100g White Delight Block	
*	*	*	SWEET WILLIAM Dairy Free Chocolate 150g Choc Chips	
*	*	*	SWEET WILLIAM Easter Bunny Gift Box, 135g	
*	*	*	SWEET WILLIAM Mini bunnies multipack, 155g	
*	*	*	SWEET WILLIAM Minibar Multipack (15 x 10g original bars)	
*	*	*	SWEET WILLIAM MUD Spread	
*	*	*	SWEET WILLIAM No Added Sugar Mini Bunnies Multipack, 135g	
*	*	*	SWEET WILLIAM SWEET AS No Added Sugar Nutty Crunch	
*	*	*	SWEET WILLIAM SWEET AS No Added Sugar Original	
*	*	*	SWEET WILLIAM SWEET AS No Added Sugar Rice Crackle	
*	*	*	SWEET WILLIAM Rice Crackle bunny, 75g	
*	*	*	SWEET WILLIAM Solid Bunny Rabbit, 100g	

BISCUITS, McVITIES PRODUCTS, BARS, SNACKS, CRISPS

The majority of biscuit products are generally not recommended for children with nut allergies, as it is highly likely that they:

- Contain nuts as an ingredient,
- Contain ingredients derived from nuts, and/or
- Have a “may contain traces” statement, due to the possibility of nut contamination.

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
	*	*	ESKAL Crackers; Pretzels	*
	*		KELLOGG'S Crunchy Nut Nutty - Mixed nut, Peanut	
	*		KELLOGG'S K time twists -Apple & cinnamon, Raspberry & apple, Strawberry & blueberry, Strawberry & yoghurt flavours	
	*		KELLOGG'S LCMS Rice bubbles – Kaleidos, Zebra spots	
	*		KELLOGG'S LCMS Split Stix – Chocolatey, Yoghurty	
	*		KELLOGG'S Nutri-grain -Bar choc malt, Bar original	
	*		KELLOGG'S Speical K Chocolatey bars - Caramel flavor, Raspberry flavor	
*	*		McVITIES Chocolate Digestive –Milk & Plain	
*	*		McVITIES Chocolate Hobnobs -Milk	
*	*		McVITIES Digestive – Original & Light	
	*		McVITIES Hobnobs - Regular	
*	*	*	ORGRAN Biscotti Range	
*	*	*	ORGRAN Classic Choc Cookies	
*	*	*	ORGRAN Crispi bites	
*	*	*	ORGRAN Crispbread Range	
*	*	*	ORGRAN Deli Crackers –Multigrain with Poppyseed	
*	*	*	ORGRAN Dinosaur Wholefruit Cookies – Wildberry Flavour	
*	*	*	ORGRAN Essential Fibre Rotondo Biscuits; Crispbread	
*	*	*	ORGRAN Fruit Bars	
	*	*	ORGRAN Fruit Filled Bar Range	
*	*	*	ORGRAN Itsy Bitsy Bears	
*	*	*	ORGRAN Mini Outback Animals Cookies Multipack	
*	*	*	ORGRAN Molasses Licorice	
*	*	*	ORGRAN Multigrain Crispbread with Quinoa	
*	*	*	ORGRAN Outback Animals Cookies Range or mini Multipack	
*	*	*	ORGRAN Premium Shortbread Hearts	
*	*	*	ORGRAN Soups –Vegetable; Tomato	
*	*	*	SEALORD Sweet Chilli Tapas 8 x 400g	
*	*	*	SEALORD Sweet Potato Tapas 8 x 400g	
*	*	*	ORGRAN Toasted Corn Dippers	
	*	*	ORGRAN Wild Raspberry Biscuits	

MISCELLANEOUS

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*		*	HEINZ Chunky (Ready to Serve, 535g) – Beef Bolognese	
*	*	*	HEINZ Chunky (Ready to Serve, 535g) – Beef Stockpot , Beef and Vegetable, Chicken and Corn, Peppered Steak	
*	*		HEINZ Chunky (Ready to Serve, 535g) – Butter Chicken, Bacon, Steak & Potato, Corn & Bacon Chowder	
*			HEINZ Chunky (Ready to Serve, 535g) – Chicken, Pasta & Vegetable, Ravioli with Beef & Tomato	
*	*		HEINZ Good Stuff Frozen Meals –Creamy chicken & Mash, Beefy spud pie	
*			HEINZ Good Stuff Frozen Meals –Spaghetti Bolognese, Cheesy tuna macaroni, Cheesy tomato ravioli	
*		*	HEINZ Hearty (535g) Italian tomato & chicken hotpot	
*	*		HEINZ Hearty (535g) – Irish lamb stew	
*	*	*	HEINZ Hearty (535g) – Tomato, beef & whitebean stew	
*	*	*	HEINZ Mum’s recipe (535g) – Chicken & veggies with wild rice, Golden corn and garden vegetables.	
*	*		HEINZ Mum’s recipe (535g) – Creamy pumpkin with bacon	
*		*	HEINZ Mum’s recipe (535g) – Hearty minestrone with bacon	
		*	HEINZ Microwave (430g) – Chunky Beef Burgundy	
*	*	*	HEINZ Microwave (430g) – Chunky Beef Stockpot, Chunky steak, veggies & ale.	
*			HEINZ Microwave (430g) – Very Special Italian Minestrone, Very special chicken & corn risoni	
*	*	*	HEINZ Soup For One (Ready to Serve, 300g) – Big Red Tomato,	
*	*		HEINZ Soup For One (Ready to Serve, 300g) – Big Red Creamy Tomato,	
*			HEINZ Spaghetti (220g) – Alphagetti tomato sauce and cheese, The wiggles spaghetti shapes in tomato sauce with cheese, Bolognese sauce, Cheesy macaroni, Cheese filled ravioli.	
*			HEINZ Spaghetti – Cheesy macaroni (400g), Cheese filled ravioli (415g).	
*	*		HEINZ Spaghetti (220g) –Extra veg with tomato sauce, Extra veg cheesy, Mini meatballs (215g)	
*			HEINZ Spaghetti Snap pots 2x200g	
*			HEINZ Spaghetti (130g) – Tomato sauce, Salt reduce, Oops tomato sauce and cheese (130g & 220g), Bolognese sauce	
*	*		HEINZ Spaghetti (220g, 420g) – Tomato sauce, Salt reduce, Extra cheese sauce	
*	*		HEINZ Spaghetti (820g) – Tomato sauce	
*	*		HEINZ Variety Soups (Condensed, 420g) –Cream of chicken, Cream of Mushroom	
*			HEINZ Variety Soups (Condensed, 420g) –Vegetable and Beef, Minestrone	
*	*	*	HEINZ Variety Soups (Condensed, 420g) –Vegetable, Cream of Pumpkin, Pea and Ham, Big Red Tomato (regular, salt reduced, spicy).	
*	*		HEINZ Very Special (Ready to Serve, 290g, 535g) – Country Chicken, Creamy Pumpkin,	
*			HEINZ Very Special (Ready to Serve, 290g, 535g) – Italian Minestrone	

MISCELLANEOUS cont...

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	HEINZ Very Special (Ready to Serve, 290g, 535g) – Vegetable & Barley	
*		*	HEINZ Very Special (Ready to Serve, 535g) – Veg., Beef & Pasta (wholegrain)	
*			HEINZ Very Special (Ready to Serve, 535g) – Pumpkin Minestrone,	
*	*	*	HEINZ Very Special (Ready to Serve, 535g) – Beef, wine & vegetable, Spicy Lentil & Bean, Vegetable and lentils, Homestyle vegetable & barley, Ripe tomato & basil, 8 vegetable.	
*	*		HEINZ Very Special (Ready to Serve, 535g) – Creamy chicken & mushroom, Tuscan Tomato & Bacon, Pea and Ham, Chicken & sweetcorn, Sweetcorn, potato & parsley, Sweet potato & pumpkin, Potato and spinach, Winter vegetable, Curried vegetable.	
*	*		Wattie's 420g Spaghetti – all ranges	
		*	WEIGHT WATCHERS Frozen meal – Chicken fried rice,	
*			WEIGHT WATCHERS Frozen meal – Chicken fettuccine, tuna bake, Rich pasta bolognaise,	
	*		WEIGHT WATCHERS Frozen meal – Chicken hotpot, Satay chicken, Spaghetti & Meatballs, Vegetable & chicken risotto,	
	*		WEIGHT WATCHERS Frozen pizza – Hawaiian pizza	
*	*	*	WEIGHT WATCHERS Frozen meal – Honey soy chicken	
*	*		WEIGHT WATCHERS Frozen meal – Thai chicken curry, Beef hot pot, Beef burgundy, Creamy scalloped potatoes, Creamy vegetable & pumpkin risotto, Creamy potato & chicken bake,	
	*	*	WEIGHT WATCHERS Frozen meal – Sweet and sour chicken,	
*			WEIGHT WATCHERS Soups (430g) –Beef, vegetable & pasta, Chicken & vegetable pot pie, Beef & vegetable pot pie, Creamy tuna penne, Tender chicken & tomato spaghetti, Creamy mushroom penne	
*	*		WEIGHT WATCHERS Soups (430g) –Pumpkin and potato with sour cream	

INFANT & TODDLER PRODUCTS

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*		BELLAMY'S ORGANIC Follow on formula from 6+months to 12+months	
*	*		BELLAMY'S ORGANIC Infant Formulas from birth to 12months	
*	*		BELLAMY'S ORGANIC Infant Toddler Milk drink from 12+months	
*	*		BELLAMY'S ORGANIC Toothiepegs Teething Rusks	
*	*	*	FAREX CEREALS FROM 4-6 MONTHS –Baby rice, Pear and banana baby rice	
*	*		FAREX CEREALS FROM 10-15 MONTHS –Fruity Porridge, Apple muesli	
*	*		HEINZ ALL AGES FROM 6MONTHS 110g Delight jars – Apricot rice pudding	
*			HEINZ ALL AGES FROM 6MONTHS 110g Delight jars – Egg custard	
*	*	*	HEINZ ALL AGES FROM 6MONTHS 110g Delight jars – Rhubarb & polenta duo, Apple & raspberry pudding	
*	*	*	HEINZ ALL AGES FROM 6MONTHS 110g Gels – Fruit of the forest gel, Apple & blackcurrant gel, Summer fruits gel, Apple, mango & kiwifruit gel	
*	*	*	HEINZ ALL AGES FROM 6MONTHS 110g Jars – Apple & Oatmeal, Apple & banana cereal, Apple & blueberry muesli	
*	*		HEINZ ALL AGES FROM 6MONTHS 110g Jars – Creamy banana porridge, Strawberry yoghurt dessert, Fruit salad yoghurt dessert	
*	*	*	HEINZ FRUIT DRINK from 6months – All varieties of ready to drink	
*	*	*	HEINZ 4-6 MONTHS 110g Fruit jars- fruity apple, fruity pear, apple & mango, pear & banana,	
*	*	*	HEINZ 4-6 MONTHS 110g Meal jars – Pumpkin, potato & beef, sweetcorn & chicken, pea & zucchini	
*	*	*	HEINZ 4-6 MONTHS 110g Vegetables jars – Pumpkin & sweetcorn, Parsnip, carrot & sweet potato	
*	*	*	HEINZ 4-6 MONTHS 120g, Fruits cans- Pears, Apples	
*	*	*	HEINZ 4-6 MONTHS 120g, Meals-cans – Lamb & vegetable, pumpkin, potato & beef, chicken, noodles and vegetable	
*	*	*	HEINZ 4-6 MONTHS 120g Vegetable cans – Pumpkin & sweetcorn	
*	*	*	HEINZ ORGANIC 4-6 MONTHS Jars – Sweet baby vegetables, Golden vegetable mash, Fruity pear and apricot	
*	*	*	HEINZ ORGANIC 10-15 MONTHS Jars – Spring lamb with baby vegetables, Apple & Cinnamon porridge	
*	*		HEINZ ORGANIC 10-15 MONTHS Jars – Spinach, pumpkin & ricotta, Cheesy past bake	
*	*		HEINZ ORGANIC ALL AGES FROM 6 MONTHS Jars – Creamy oats with fig & sultanas, stewed pear & currant, Banana and blueberry custard	
*	*		HEINZ ORGANIC ALL AGES FROM 6 MONTHS - Vanilla custard	
*	*	*	HEINZ ORGANIC Cereals around 6months – Rice cereal	
*	*	*	HEINZ ORGANIC Rice cakes from 10 months – Original, apple	
*	*		HEINZ Teething rusks from 6months – Plain teething rusks, vegetable teething rusks	

INFANT & TODDLER PRODUCTS cont...

NUT FREE	EGG FREE	MILK FREE	FOOD	ELIM. DIET
*	*	*	HEINZ 10-15 MONTHS Fruit jars-Pear, Pineapple & Mango, apple	
*			HEINZ 10-15 MONTHS Meals jars – Mum’s recipe – Rochelle’s Alphabet Pasta, Tomato & beef, Kerry’s creamy pasta & tuna moray, Danielle’s chicken, pasta & vegetable medley	
*	*	*	HEINZ 10-15 MONTHS Mum’s Recipe-Jennifer’s Beef & Vegetable Casserole, Melanie’s Vegetalbe & Beef Risotto, Chicken, Toamto & Mushroom Casserole, Country lamb hot pot.	
*	*		HEINZ 10-15 MONTHS Desserts jars – Banana & peach yoghurt dessert	
*	*	*	HEINZ 10-15 MONTHS 200g Fruit cans - Apple	
*	*	*	HEINZ 10-15 MONTHS 200g Meals cans – Beef risotto, Steak & vegetable	
*	*		HEINZ 10-15 MONTHS 200g Meal cans – Country chicken & vegetable	
*			HEINZ 10-15 MONTHS 200g Meals cans – Alphagetti Bolognaise	
*	*		HEINZ 10-15 MONTHS 120g Custard cans – Custard with banana, Chocolate custard, Fruit custard, Caramel custard, Vanilla custard, Apple custard	
*			HEINZ 10-15 MONTHS Egg custard in 120g cans, 110g jars.	
*	*	*	HEINZ 10-15 MONTHS 120g Baby breakfast can – Apple and Oatmeal	
*	*		HEINZ 10-15 MONTHS 120g Custard jars –banana custard, Vanilla custard, Strawberry & banana custard	
*	*	*	HEINZ 1-3 years Little Kids cans - Vegetables and beef risotto, Chicken & pumpkin risotto, Globetotters beef burgundy	
*			HEINZ 1-3 years Little Kids cans - Spaghetti bolognaise, Pasta chicken & vegetables, Macaroni & meatballs, Cheesy ravioli, cheesy macaroni, Globetotters sweet & sour chicken, Globetotters chicken paella	
*	*		HEINZ 1-3 years Little Kids cans - Globetotters lamb moussaka	
*			HEINZ 1-3 years Little Kids mini meals – all ranges	
*	*		HEINZ 1-3 years Little Kids breadsticks – Chedda cheese, Cheesymite	
	*		HEINZ 1-3 years Little Kids Multipacks – Apricot fruit bars, strawberry fruit bars	
	*		HEINZ 1-3 years Little Kids Yoghurt drizzled museli fingers multipacks – Sultana apple, Apple blackcurrant, Fruit salad	
*	*		HEINZ 1-3 years Little Kids Biscuits – All ranges	
*	*		HEINZ 1-3 years Little Kids Mini corn cakes - Tomato, Apple & Banana, Honey	
	*		HEINZ 1-3 years Little Kids Rice bars	
*	*	*	HEINZ 1-3 years Little Kids Fruit & Veggie Bites – Sweetcorn, Apple.	

FAST FOOD / TAKEAWAY / FOOD OUTLETS

The information provided below outlines the nut (specifically peanut) status of some major fast food outlets. Many of these outlets use a number of products and/or ingredients obtained from different suppliers. These products may not contain nut as a major or listed ingredient, but may contain traces of nuts or be contaminated with nuts from manufacturing. Therefore, if parents choose to let their children consume such products, please do so with caution. We cannot predict the degree of risk associated with consuming such foods.

HUNGRY JACKS:

- For each menu item, Hungry Jack's have created a Mandatory Declaration, which specifies if the corresponding product contains certain allergens (such as sesame seeds), and if the product "may contain traces of peanuts / nuts / sesame seeds".
- These Mandatory Declarations can be found on the Hungry Jack's website, along with a full ingredients list for each menu item. (<http://www.hungryjacks.com.au/menu.php>)

McDONALD'S:

- No Nuts are kept on premises. However, keep in mind that all products may contain traces of nuts, or may be contaminated with nuts from manufacturing.
- No nuts are 'physically' added to any products in kitchens/restaurants.
- All ingredients used are made off site. Therefore products or ingredients may contain traces of nuts, or be contaminated with nuts.
- Information regarding McDonald's menu items is available in-store and online: (<http://www.mcdonalds.com.au/HTML/nutrition/>)

KFC:

- No nuts are kept on premises.
- No nuts are 'physically' added to any products.
- Products or ingredients used/sold may contain trace amounts of nuts, as a result of processing or storage.
- Information regarding KFC menu items is available online: (<http://www.kfc.com.au/Default.asp?page=/allergen+information>)

RED ROOSTER:

- No nuts are kept on premises.
- No nuts are 'physically' added to any products in kitchens/restaurants.
- However certain products or ingredients may contain nuts, contain traces of nuts, or be contaminated with nuts.
- Contact Red Rooster to determine the products/ingredients in which this is the case. (1800 632 145)
- Ingredient listings are available from Red Rooster restaurants.

COMMON BRANDS NOT LISTED

Some food companies could not provide us with sufficient information to help us identify which foods in their product range are nut, egg and/or milk free. Each of their brands are listed below. For further information regarding the allergen status of any of their products, please contact the corresponding food company via phone or email.

GOODMAN FIELDER

Phone: 1800 025 768

Website: www.goodmanfielder.com.au

Brands: asia@home, Bluebird, Breakfree, Buttercup, Cornwell's, Country Cup, Crisco, Defiance, ETA, Gold'n Canola, Healthwise, Helga's, Holbrooks, Le Snak, Logicol, Meadow Lea, Mrs McGregor's, Olivani, Olive Grove, Pampas, Patak's, Paul Newman's Own, Praise, Roll-Ups, Uncle Tobys, Vetta, Vita Brits, White Wings.

MASTERFOODS

Phone: 1800 245 455

Website: www.masterfoods.com.au

Products: Dips, Finishing Sauces, Herbs, Spices, Marinades, Mustards, Pork Choices, Recipe Bases, Relishes, Sauces, Spreads (Promite), Stocks.

NATIONAL FOODS

Phone: 1800 677 852

Website: www.natfoods.com.au

Brands: Australian Fresh, Berri, Big M, Daily Juice, Divine Classic, Fruche, Farmers Union, Just Juice, King Island Dairy, Kyneton, Masters, Mildura Sunrise, Mr Juicy, Prima Juice, Pura, South Cape, Squeeze, Summit H2O, Sunny Boy, Sunrise, Super Juice, Vitasoy, YoGo, Yoplait, Zooper Dooper.

PATTIES FOODS / FOUR'N TWENTY

Phone: 1800 650 069

Brands: Herbert Adams, Nanna's, Patties.

SIMPLOT FOODS

Phone: 1800 061 279 or 1800 550 014

Website: www.simplot.com.au

Brands: Ally, Birds Eye, Chiko, Edgell, Harvest, I&J, John West, Leggo's, Plumrose, Seakist, Sealord (listed).

UNILEVER AUSTRALASIA

Phone: (02) 9869 6400

Website: www.unilever.com.au

Brands: Flora, Becel, Streets, Continental, Lipton, I Can't Believe Its Not Butter, Raguletto, Bertolli, Birdseye, Findus, Heart, Hellmann's, Iglo, Knorr.

PHONE DIRECTORY

ALPHA (03) 9527 2453
ANGAS PARK (08) 8561 0800 www.angaspark.com.au
ARISTOCRAT 1800 631 699 www.fawcett-bros.com.au
BEGA (02) 6491 7777 www.begacheese.com.au
BELLAMY'S (03) 6331 1383 www.bellamysorganicfarms.com.au
BERRI 1800 677 852 www.natfoods.com.au
BUNDABERG 1800 777 097 www.bundysugar.com.au
CADBURY 1800 250 260 www.cadbury.com.au
COCA-COLA 1800 025 123 www.cocacola.com.au
COTTEE'S 1800 244 054 www.cottees.com.au
DICK SMITH FOODS 1800 656 599 www.dicksmithfoods.com.au
FOUR'N TWENTY 1800 650 069 www.fourntwenty.com.au
FREEDOM FOODS (03) 9553 5155 www.freedomfoods.com.au
FRUCOR 1800 237 727 or (02) 8844 4399
GOLDEN CIRCLE 1800 730 101 www.goldencircle.com.au
GREENSEAS 1800 037 058 www.greenseas.com.au
HEINZ 1800 037 058 www.heinz.com.au
HUNGRY JACKS (03) 9831 7100 www.hungryjacks.com.au
KELLOGG'S 1800 000 474 www.kelloggs.com.au
KFC 1800 620 723 www.kfc.com.au
KRAFT 1800 033 275 www.kraft.com.au
LA FAMIGLIA (07) 3390 8544 www.lafamiglia.com.au
LIDDELLS (03) 9761 1133 www.liddells.com.au
MAINLAND (03) 9764 6677 www.bonland.com.au
MASTERFOODS 1800 245 455 www.masterfoods.com.au
McCAIN (03) 5339 2241 www.mccain.com
McDONALD'S (02) 9875 6666 www.mcdonalds.com.au
McVITIES www.mcvities.com
MOTHERLY 1300 662 229 www.motherly.com.au
NATIONAL FOODS 1800 677 852 www.natfoods.com.au
NESTLE 1800 025 361 www.nestle.com.au
OCEAN SPRAY 1800 626 338 www.oceanspray.com.au
OLD COUNTRY 1800 631 699 www.fawcett-bros.com.au
ORGRAN (03) 9776 9044 www.orgran.com
PATTIES FOODS 1800 650 069 www.fourntwenty.com.au
PERFECT ITALIANO (03) 9764 6677 www.bonland.com.au
REAL FOODS (02) 8595 6600 www.realfoods.com.au
RED ROOSTER 1800 632 145 www.redrooster.com.au
RIBENA 1800 028 533 www.ribena.com.au
SANITARIUM 1800 673 392 www.sanitarium.com.au
SEALORD www.sealord.co.nz
SO NATURAL FOODS (02) 9526 2555 www.sonatural.com.au
SPC 1800 805 168 www.spcardmona.com.au
STROMBOLI 1800 631 699 www.fawcett-bros.com.au
SWEET WILLIAM (02) 9316 7177 www.sweetwilliam.com.au
TIP TOP 1800 645 515 www.tiptop.com.au
VITASOY 1800 653 303 www.vitasoy.com.au
VOGEL'S (02) 9457 9966 www.vogels.com.au
WESTERN STAR (03) 9764 6677 www.bonland.com.au
WRIGLEY 1800 444 200 www.wrigley.com.au