

■ Allergy-Safe Grocery List

A handy printable list of allergy-safe foods and brands for families with nut, dairy, or egg allergies.

■ Nut-Free Brands & Foods

- MadeGood Granola Bars
- Enjoy Life Cookies & Snacks
- WOWBUTTER (soy-based peanut butter alternative)
- Annie's Organic Fruit Snacks
- SunButter (sunflower seed butter)

■ Dairy-Free Brands & Foods

- Ripple Milk (pea protein)
- Daiya Cheese Alternatives
- Earth Balance Butter Spread
- Silk or So Delicious Yogurts
- Oreos (surprisingly dairy-free!)

■ Egg-Free Brands & Foods

- Just Egg (plant-based egg substitute)
- Bob's Red Mill Egg Replacer
- Ener-G Egg Replacer
- Applesauce or mashed banana (baking substitute)
- Enjoy Life Baking Mixes