

# TOP 10 LIST

safe foods for

Mollie Recob

## Some of my favorite things to eat include:

1. Red or Green Grapes
2. Pepperidge Farm Goldfish Crackers (Pretzel or Cheddar Flavor)
3. Ruffles Potato Chips
4. Kraft Macaroni and Cheese
5. Bananas
6. Carrots & Hidden Valley Ranch Dressing
7. Starburst Candy
8. Skittles Candy
9. Enjoy Life Foods Seed & Fruit Mixes (Beach Bash or Mountain Mambo)
10. Popsicle Brand Ice Pops

## I am allergic to the following foods:

Any type of nuts – peanuts or tree nuts, such as walnuts, cashews, almonds, etc. Anything labeled “may contain” or “processed in a plant” with these types of ingredients are also dangerous for me to eat. Most bakery items are not completely nut-free. Please ask if you’re not 100% sure!

**Thank you for keeping me safe!**  
**If you have any questions, please contact:**

Amy Recob (608) 212-5555



**The BugaBees**

fun food allergy education for kids & families

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| 1. ....<br>..... | 6. ....<br>.....  |
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| 5. ....<br>..... | 10. ....<br>..... |

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