

FOOD PANTRY INFORMATION



PREPARE TO HELP ALL INDIVIDUALS BY PROCURING “FREE-FROM” AND GLUTEN-FREE FOODS

Food Equality Initiative advises pantries to identify and sort pantry foods that are free from the Top 9 Allergens and gluten. Below is a guide that groups each Top 9 Allergen with the pantry items that may contain it. This is a

list of the most common foods that may contain the allergens, but it is not a comprehensive list. If your pantry has questions, email contact@foodequalityinitiative.org or call our main office phone: **816-800-0884**.

MAY CONTAIN GLUTEN

cereals, crackers, flour tortillas, granola, pasta, pizza, stuffing, breads, flours, baked beans, oatmeal, chips, popcorn, rice cakes, canned meats, deli meats, broth, baking mixes, sauces, and soups.

MAY CONTAIN PEANUTS

mixed nuts, peanut butter, baked goods, chili, cookies, crackers, hot chocolate, baking mixes, pudding, sauces and dressings, spaghetti sauce.

MAY CONTAIN TREENUTS

cereals, crackers, flour tortillas, granola, pasta, pizza, stuffing, breads, flours, baked beans, oatmeal, chips, popcorn, rice cakes, canned meats, deli meats, broth, baking mixes, sauces, and soups.

MAY CONTAIN EGGS

sauces and dressings, baked goods, bread, breaded items, hamburger patties, marshmallows, macaroni, pasta, pretzels, pudding, meatloaf.

MAY CONTAIN DAIRY

butter, buttermilk, cheeses, cream, half-and-half, ice cream, yogurt, milk in all forms, baked goods, hot dogs, lunch meats, meatloaf, sausages, chocolate.

MAY CONTAIN SOY

cheese, ice cream, milk, flour, yogurt, sauces and dressings, tofu, baked goods, canned broths, canned soups, cereals, cookies, crackers, energy bars, processed and canned meats.

MAY CONTAIN WHEAT

flours, breads, bread crumbs, pasta, baked goods, baking mixes, cereals, candy, crackers, hot dogs, ice cream, marinara and other pasta sauces, oats, chips, processed meats, sauces and dressings, soups, rice cakes.

MAY CONTAIN FISH

anchovies, fish sticks, canned tuna, Caesar salad dressing, barbeque sauce.

MAY CONTAIN SHELLFISH

seafood flavoring, crawfish, shrimp, crab.

MAY CONTAIN SESAME

tahini, hummus, dressing and sauces, buns, breads, granola, cereal, crackers, sesame oil

DISCLAIMER: This informational sheet does not include any and all food items that may contain common allergens or gluten. If you would like a complete list of food items to watch out for that may contain a specific allergen or gluten, email Food Equality Initiative at contact@foodequalityinitiative.org