



**PUNCH
THE
PEANUT!**

Use the “PUNCH LIST” below to help you avoid peanuts and tree nuts.

Put the word out there!
Make sure your friends and relatives know about your allergy.

Use helpful resources, like product labels and websites,
to make sure a product is made in a peanut and tree nut free facility.

Never assume...lots of surprising foods can contain peanuts and
tree nuts. Some examples? Asian dishes, bakery treats and chili.

Contact the manufacturer if you're not sure whether a product
might have come in contact with peanuts or tree nuts.

Help yourself to snacks you know are 100% peanut and
tree nut free...like delicious SKEETER® Nut Free Snacks.