

Nut-safe ingredients for Chili Cook-off

PPC is a nut-safe facility, which means that we cannot have any products on the church campus that contain nuts or that were manufactured in a facility that may contain nuts.

The first step is to **read all of the labels**. Even if you think the product is safe, always check the label.

There are certain brands that have verified that their manufacturing plants are nut free. Those are listed below. Harris Teeter shoppers are lucky, because most of the HT brand products in this area are processed in their Matthews facility, which is a nut-free facility. When in doubt, feel free to ask a Harris Teeter manager.

Here are some safe ingredients that your recipes might call for:

Chili

- Ground beef or turkey
- Canned beans and tomatoes
- Tomato sauce
- Spices
- Fresh vegetables
- **Sargento & Kraft** shredded cheeses are safe (or our local **Harris Teeter brand** if it's from the **Matthews facility**)
- Pasta – Harris Teeter brand from the Matthews Facility, **Barilla**

Cornbread

- Cornmeal – **Quaker** (check the label), **Jiffy, Aunt Jemima**
- Flour – **Gold Medal, Swans Down, Harris Teeter** (Matthews facility)

Macaroni and Cheese

- Pasta - **Harris Teeter brand** from the Matthews Facility, **Barilla**
- **Sargento & Kraft** shredded cheeses are safe (or our local **Harris Teeter** brand if it's from the Matthews facility)
- Do **not** use almond milk

Cookies/Brownies/Baked Goods

- Flour – **Gold Medal, Swans Down, Harris Teeter** (Matthews facility)
- **Domino** sugar
- **Pillsbury** sugar dough
- **Pillsbury** icing
- **Hershey's** chocolate chips and cocoa (Nestle products are **NOT SAFE**)
- **Kraft** marshmallows
- **Festivals** brand sprinkles (most sprinkles are not safe)
- Whole Foods and Earth Fare have a good variety of nut-free baking materials (“**Enjoy Life**” brand has safe products)