

Peanut/Tree Nut Awareness

We have now entered into a system wide Peanut/Tree Nut Aware schools. We have developed realistic expectations for our schools. All lunches being served by our cafeterias will be peanut/tree nut free. All vending machines that the students have access to will be peanut/tree nut free.

Eagles Wings:

All meals and snacks prepared by the staff will be peanut/tree nut free. Any snacks/treats brought in to the classroom should be peanut/tree nut free. (Read the labels to make sure that they do not contain nut products or oils). If the label says that it is manufactured in a facility that has peanuts, this will be okay. Cupcakes and treats that are purchase through a bakery are fine as long as they do not contain any nuts.

Elementary:

Child's Homeroom- Peanut/Tree Nut Free treats/snacks that come into the classroom. {Making sure that it does not contain peanut/tree nuts or oils}. If the label says that it was manufactured in a facility that has peanuts, it will be okay. Cupcakes and treats that are purchased through a bakery are fine as long as they do not contain any nuts. For all other elementary classrooms, we will not promote things that contain peanuts/tree nut ingredients, but we will not prohibit those. We would prefer if everyone still were to err on the side of caution.

Lunchroom- We have a peanut/nut free table. Any students sitting with the child at this table will not have foods or treats that contain peanuts/nuts. The students that sit with him/her will be eating from the school hot lunch program, which we know will be safe. Other students at other tables will be able to bring foods that have or contain peanuts. Again, we don't promote this, but we will not prohibit this either. We will have students that bring their lunch to wash their hands with soap and water following lunch.

Robert Blue:

We will not promote things that contain peanuts/tree nut ingredients. We will ask that the students wait until after school to eat any snack/treat that contain any peanut/tree nut product. As in the elementary; at lunch we will have a peanut/tree nut free table. Any students that bring their lunch we will encourage them to wash their hands with soap and water following lunch.

High School:

We will not promote things that contain peanuts/tree nut ingredients. We will have a table in the cafeteria that will be peanut/tree nut free. We will post signs throughout the building announcing that we are now Peanut/Tree Nut Aware and encourage hand washing. Any item that is being sold as a fundraiser during school hours needs to be Peanut/Tree Nut Free.

READ LABELS CAREFULLY!

To avoid foods containing peanuts or nuts, read labels on packaged, prepared foods carefully. DO NOT purchase or eat food that does not carry a list of ingredients. Read labels each time you buy the product. Ingredients do change so you may want to take this list along next time you go grocery shopping.

AVOIDING PEANUTS

Foods that contain peanuts

- Arachide
- Beer nut
- Cacahouète/cacahouette/cacahuète
- Ground nuts
- Mandelonas (artificial nuts made from peanuts)
- Mixed nuts with peanuts
- Peanuts
- Peanut butter
- Peanut flour
- Peanut meal
- Peanut—or arachis—oil (cold pressed)
- Peanut punch/drink
- Peanut sauce
- Peanut soup
- Szechuan sauce
- Valencias

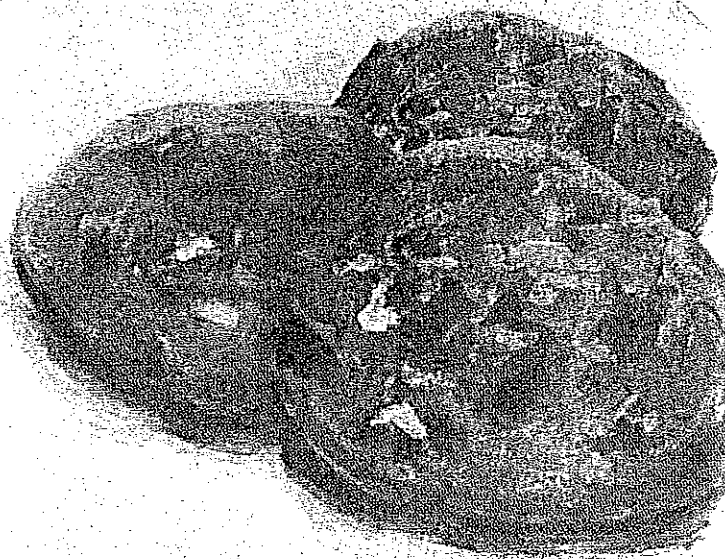
Foods that may contain peanuts

- Almond paste
- Baked goods (cakes, etc.)
- Cake icing
- Candy
- Chili con carne
- Chinese foods
- Chocolate bars
- Commercial desserts
- Cookies
- Doughnuts
- Dried salad dressings
- Egg roll/Imperial roll
- European baby formula (some)
- Fried foods
- Fried snack foods
- Granola or fruit bars
- Hydrolyzed vegetable/plant protein (although peanut is rarely used in Canada)
- Macaroons
- Nougat
- Pastries
- Peanut popcorn
- Potato chips (peanut oil)
- Prepared, dehydrated soups
- Satay sauce
- Thai food
- Vegetarian burgers

Reminder: Always ask what ingredients were used in the preparation of foods; peanuts are sometimes used where you would least expect to find them.

Some non-food sources of peanuts

- Bird feed/pet food
- Craft materials
- Lip glosses
- Mushroom — growing medium
- Skin creams
- Stuffing in toys
- Sunscreen/Suntan lotion (some)
- Vitamins (some)



AVOIDING NUTS

Ingredients that indicate the presence of nuts

- Almonds
- Beechnuts
- Brazil nuts
- Butternuts
- Cashews
- Chestnuts
- Filberts
- Hazelnuts
- Hickory nuts
- Macadamias
- Mixed nuts
- Nuts
- Nut butter
- Nut oil (cold pressed)
- Pecans
- Pine nuts (pignoli)
- Pistachios
- Pralines
- Walnuts

Foods that contain or may contain nuts

- Almond paste
- Cakes
- Candy
- Cheese spreads
- Chinese foods
- Chocolate bars
- Cookies
- Granola bars
- Ice cream
- Marzipan
- Muesli
- Muffins
- Nougat
- Nutella
- Nut-flavoured liqueurs (e.g. Amaretto, Frangelico)
- Pesto sauce
- Pure almond extract
- Speciality coffees
- Sweet rolls
- Trail mix
- Trout amandine

Some non-food sources of nuts

- Bath oil
- Cosmetic face or body creams (some now contain unrefined nut oils)
- Shampoo
- Sunscreen/Suntan lotion