

Peanut Allergy



An allergy to peanuts is one of the 8 most common food allergies. Peanuts can lead to a serious reaction if accidentally ingested by an allergic child while at school.

The FDA requires that labels clearly identify the top 8 food allergens (i.e.: Contains- Peanuts), but care should still be taken when reading labels.

Sometimes the presence of peanut protein is obvious on a food label. Other times terms may be unfamiliar. Read carefully. The following may include peanut protein*:

Beer Nuts, Nu-Nuts®, Cold Pressed, Expelled, Extruded Nuts, Nut Pieces, Peanut Oil, Peanuts, Ground Nuts, Peanut Butter, Mixed Nuts, Peanut Flour, Monkey Nuts, Hydrolyzed Vegetable Protein (HVP), Baked Goods, Marzipan, Candy, Natural and Artificial Flavoring, Chocolate (Candies, Candy Bars), Egg Rolls, Nougat, Hydrolyzed Plant Protein (HPP), Sunflower Seeds. African, Chinese, Indonesian, Thai and Vietnamese dishes often contain peanuts.

This is not a complete list!

Source: MA Dept. of Ed. *Managing Life Threatening Allergies in Schools*

Peanut-Free Snack Ideas

FRUIT

- Fresh Fruit
 - Apples
 - Berries
 - Kiwi
 - Melon
 - Raisins
- Applesauce
- Dried Fruit
- 100 % Fruit Leather
- Fruit Cups

DAIRY

- Yogurt
- Cottage Cheese
- String Cheese

VEGETABLES

- Carrot Sticks, Baby Carrots
- Celery Sticks
- Bell Pepper Slices
- Snap Peas

OTHER POSSIBLE SNACK IDEAS

(Always verify ingredients, as brands vary!):

- Rice Cakes
- Pretzels
- Soy Crisps
- Plain Popcorn
- Soy Nut Butter
- Hummus
- Hard Cooked Eggs
- Guacamole
- Meat and Cheese Roll-Up



***Call the manufacturer's hotline if unsure of an allergen or to clarify "natural flavoring"**