

Nut Alert!

SCHOOL LUNCHES & SNACKS

Peanuts



Most Canadian schools ask that you do not send any nuts to school to help keep students with nut allergies safe.

Each school may have different rules for peanuts and tree-nuts in lunches and snacks.

Ask your school about their peanut and tree-nut rules, so you know what is safe to send.

Tree-nuts Include:

Almonds



Pistachios



Cashews



Macadamia nuts



Walnuts



Hazelnuts



Brazil nuts



Pine nuts



Pecans



Helpful Hint!

Coconut and sesame are safe.

Check the Ingredient List:

In Canada, peanuts and tree-nuts must be named in the ingredient list. They can be listed two ways:

Ingredients:

Whole grain rolled oats, evaporated cane syrup, flaxseed meal, topping mix (peanuts, walnuts, unsulfured dried cranberries, coconut oil.) May contain pecans.

Ingredients:

Whole grain rolled oats, evaporated cane syrup, flaxseed meal, topping mix (peanuts, walnuts, unsulfured dried cranberries, coconut oil.)

Contains: Peanuts, walnuts. May contain pecans.

Do Not Pack:

- Peanuts or tree-nuts
- Any food **containing** peanuts or tree-nuts
- Any food that may have been in **contact** with peanuts or tree-nuts



Safety Tip!

Wash your hands with soap after handling nuts, especially peanut butter. This helps to protect people with allergies.

Nuts May Be Hidden In:

Baked goods



Sauces



Chocolate & candy



Egg rolls



Cereal & crackers



Cheese spreads



Granola bars



Salads



Always check the label!

For more information, please contact your school and/or your public health office.