

## **Avoiding Peanuts/Nuts in Schools & Other Group Settings**

### **Nut Policy**

In order to create the safest possible environment for all the children who attend Kal-Camp, we maintain a **no peanut / nut policy**.

We depend on you for your efforts and co-operation in ensuring the safety of our children.

Below are some tips about nuts and nut allergies

### **Why have I been asked to avoid sending peanut/nut products?**

Peanut/nut allergies are usually severe and can be fatal. It may be your child or another child who has a peanut/nut allergy, but everyone's cooperation is needed to help prevent a tragedy. This means making the environment as peanut/nut-free as possible. Even a tiny amount of peanut/nut particle or residue through the eyes, nose or mouth can cause a child with a peanut/nut allergy to have a strong or fatal allergic reaction.

### **Can't the allergic child just avoid peanuts/nuts ?**

Asking the allergic child to avoid peanut/nut products is not enough because peanuts/nuts tend to leave residue on utensils, containers, table tops, hands, toys and games. An allergic child who unintentionally sniffs peanuts/nuts or touches something with even a trace of peanut/nut residue can have a fatal reaction.

### **How can peanuts/nuts be avoided?**

Avoiding peanuts/nuts means not sending any food from home for snacks which may contain peanut/nut products. Always read the labels on food packages to see if peanuts/nuts are present before you send the food to camp.

### **Are peanuts the same as nuts?**

No. Peanuts are "ground" nuts and are really part of the legume family. It is unusual for someone to be allergic to other legumes, but it is possible, especially to soy. All other nuts are "tree" nuts, e.g. walnuts, cashews, almonds, acorns, chestnuts, etc.

### **Can you be allergic to tree nuts?**

Yes. Allergies to tree nuts are usually severe. Most people who are allergic to one tree nut are allergic to other tree nuts, and sometimes to seeds.

### **Read labels**

When buying pre-packaged, prepared foods, read the labels carefully. Always check the list of ingredients and recheck each time you buy a product to ensure the ingredients have not changed. AVOID any products that do not carry a complete list of ingredients. Bulk foods and goods from on-site bakeries, for example, do not have ingredient lists because these foods are not pre-packaged. Check all ingredients.

### **Ingredients that may contain peanuts/nuts**

- Vegetable oil
- Vegetable shortening
- Vegetable/plant protein
- Vegetable/almond paste

### **Peanut/nut-free snack ideas**

A nutritious snack is the best option for Kal-Camp. Here are some ideas for peanut/nut free options. But remember to check the labels to ensure that ingredients have not changed.

Fresh Fruit (grapes, melon, apples, bananas, watermelon)

Fresh Vegetables (celery or carrot sticks)

Cubed or string cheese

Fruit snacks

Nabisco Fig Newtons

Nabisco Barnum's Animal Crackers

Nabisco Teddy Grahams (choc, honey, cinnamon)

Keebler Vanilla Wafers

Pretzels

Kellogg's Nutri Grain Cereal bars

Pepperidge Farm Goldfish crackers

Wheat Thins

Ritz Crackers

Nabisco or HoneyMaid Graham Crackers

Frosted mini-wheats