

Nut Free Policy Safe Foods and FAQ

Food can only be brought into the school if it is clearly labelled that it is nut free and processed in a nut-free facility, on the most current snacksafely.com list, or fresh produce. The list on snacksafely is updated approximately every two weeks.

Examples of labels on food items you should avoid can be found [here](#).

List of Foods We Know Are OK

These may or may not be on snacksafely, but we know they are OK.

Fruit Snacks:

Annie's

Crackers:

Goldfish crackers cheddar

Bread and Similar:

Mission brand tortillas

King's Hawaiian bread

S. Rosen's Whole Wheat

Organic Bread from Heaven (Mariano's)

Sweets:

Kellogg's Rice Krispie Treats

Cheese:

Cheese is OK as long as it's just cheese. For example, the cheese that's packaged in a snack pack with crackers, the crackers might have peanut proteins, so the cheese would then be an issue. But cheese packaged with just cheese is OK.

Frequently Asked Questions

When you say, “these foods cannot enter the school,” do you mean even in my child’s own lunch?

Yes. Any food that enters the school must follow the nut-free policy.

Even foods made on shared equipment?

Yes. It may help to think of it like this: Sugar cookies made in a facility that also makes peanut butter cookies are very likely to contain trace peanut proteins. If that package of sugar cookies spills and a child with a life threatening allergy helps pick them up, the child is actually in mortal danger.

My child hardly eats anything already; this is going to be difficult.

I know. I empathize with you because I am living it as well. This is how I am approaching it: This is one meal per day — I can eat my regular way at home and then wash my hands. There are many safe foods on the list. Once I get the hang of it, it will be the new normal. I am doing something that’s difficult for me in order to help preserve another person’s life. If you need help brainstorming or finding foods, let us know.

Where can I get more information about safe foods and food allergies?

You can access a list [here](#) at snacksafely.com. It is updated every two weeks, so we will all need to check it regularly because manufacturers do change recipes and processes. Another great source of info is www.faiusa.org.

What about the birthday treats?

Birthday treats must also follow the nut-free policy.

Is food that does not list peanuts or tree nuts in the ingredients, but makes no mention of “being produced in a nut-free facility” allowed?

It depends. Manufacturers have the freedom choose whether or not to place this message on packaging. Therefore, some foods that have no mention are safe, and some that have no mention are not safe. When in doubt:

- 1) Check the [snacksafely](#) list.
- 2) Check the list below.
- 3) If you need that food and there is no clear, reasonably easy substitute on either list, you can either call the manufacturer yourself, or let us know what it is and we'll find out.

Am I to rely exclusively on pre-packaged and/or processed food?

No. Produce is OK — fresh fruits and vegetables are fine.

For example, are foods like raisins from the bulk section at whole foods allowed?

No. Bulk bins are great for most people but they include a number of pathways for peanut proteins to get into other foods. These include manufacturing practices, transport, loading/cleaning, and scooping/bagging by customers.

How about Gorilla Gourmet — is the hot lunch service safe?

Yes. [Gorilla Gourmet](#) is a nut free facility. From their website:

Gourmet Gorilla™ obtains its produce from local, sustainable, and gap certified purveyors, our meats are free range, grass fed and all natural, and they have not been subjected to artificial growth hormones and antibiotics, or artificial preservatives; Gourmet Gorilla™ avoids GMO where possible and is a peanut and tree nut free facility.

How about sesame seeds and soy?

As long as the sesame and/or soy are processed in a nut-safe facility, they are OK. So, what to do? Same as the other products: check the label, if it says something about peanuts or nuts, we know it's not OK. If it says nothing, check snacksafely.com. If it isn't there, and the product is important for your child's lunch, you can call the manufacturer or let us know so we can find out.