



Nut-Sensitive Policy

Frequently Asked Questions

1. Which nuts cannot be brought to school?

Peanuts and tree nuts should not be brought to school. The following nuts are tree nuts and should not be brought to school: walnuts, almonds, pecans, hazelnuts, cashews, pistachios, Brazil nuts, pine nuts, macadamia nuts and coconut.

2. Can seeds (like sunflower seeds) be brought to school?

Yes. All seeds such as sunflower seeds, sesame seeds or pepitos can be brought to school. The only items that cannot be brought to school are peanuts and tree nuts (walnuts, almonds, pecans, hazelnuts, cashews, pistachios, Brazil nuts, pine nuts, and macadamia nuts and coconuts).

3. My child usually eats a peanut butter sandwich for lunch. I'm looking for a good peanut butter substitute to use instead. Which ones can I bring to school and which should stay at home?

Peanut butter substitutes not made of nuts including, Wow Butter, and Sunbutter (made of sunflower seeds) can safely be brought to school. When combined with jelly, most kids can't tell it's not peanut butter. All tree-nut-butter spreads are made of nuts and should stay at home. These include cashew butter, almond butter and Nutella.

4. I have a food with a label that says, "manufactured in a facility" with nuts or "processed on shared equipment" with nuts. Can I bring that to school?

Yes. Only items that actually contain nuts or have the label "may contain" nuts should be left at home. To be clear, allergic children cannot actually eat items with the "manufactured in a facility" with nuts or "processed on shared equipment" with nuts labels, but these foods can safely be consumed by other children nearby.

5. I will try my best to comply with the nut-sensitive policy, but I'm worried I might accidentally send something containing nuts. What are some food items that might contain hidden nuts I should be aware of?

Snack and lunch foods that typically contain peanuts or tree nuts are protein or energy bars, granola bars, chocolate candy, some cookies, a few breads (like Arrowhead Health Nut Bread), and, of course, nut-butter sandwiches (like peanut butter sandwiches).

7. My child usually brings a protein or granola bar to school for a snack. Are there nut-free protein and granola bars that are safe to send instead?

Yes. Most granola and protein bars do contain or "may contain" nuts and those should be left at home. However, two companies, Enjoy Life Foods (enjoylifefoods.com) and Vermont Nut Free Chocolates (Vermontnutfree.com) make nut-free granola and protein bars.

8. I usually send a cake or cupcakes to school for my child's birthday. Can I continue to do so?

Yes, unless your child's teacher has told you otherwise. (If in doubt, contact your child's teacher.) Baked goods from local bakeries are all safe to bring to school. Some of the baked goods at these bakeries have labels that say, "processed in a facility" with nuts or "processed on shared equipment" with nuts. Items with these labels still comply with the nut-sensitive policy and are safe to bring to school.

Please note that items from these bakeries may not be safe for a peanut or tree nut allergic child to actually eat. If you know a child with a peanut or tree nut allergy is in your child's class, please contact the teacher before sending in one of these items. Additionally, you are welcome to bring in a home-baked cake, either from scratch or from a mix with canned frosting. Cake mixes, canned frosting, and sprinkles are all safe to bring to school.