



**The following classroom is peanut and tree nut free zone: 2016-17 Preschool Prep Room 106**

*Dear Prep Parents: take time to look over the information below. If you have any questions, ask the classroom teachers or the preschool admin. Please Print and sign this form and return it to your child's classroom.*

- Items containing label warnings for peanuts and/or tree nuts that are sent to school accidentally, will not be opened nor served and will be sent home with a notification.
- It is required that you put your child's name on each food container, to avoid accidental mix ups.

*Food allergies can be life threatening.*

*Thank you in advance for taking the time to follow these guidelines. We depend on you to help us provide the safest environment possible for all of our students.*

***Allergy labels and prohibited foods:***

Packaged foods are required by the FALCPA to be clearly labeled.

Items labeled with the following warnings or prepared with ingredients containing the following label warnings are **not** permitted in the classroom:

- contains peanuts/contains tree nuts
- may contain peanuts/may contain tree nuts
- processed in a facility with peanuts/tree nuts

Attached is additional information on nut allergies along with a list of common foods containing these allergens.

## For Peanuts

Always read the entire ingredient label to look for the names of peanut. Peanut ingredients may be within the list of the ingredients. Or peanut could be listed in a “Contains: Peanuts” statement beneath the list of ingredients. This is required by the federal Food Allergen Labeling and Consumer Protection Act (FALCPA). [Learn more about the U.S. food allergen labeling law.](#)

FALCPA requires that all packaged foods regulated by the FDA must list "peanut" clearly on the ingredient label if it contains peanut. Advisory statements such as “may contain peanut” or “made in a facility with peanut” are voluntary. Advisory statements are not required by any federal labeling law. Discuss with your doctor if you may eat products with these labels or if you should avoid them.

## Peanut Allergy

Peanut allergy is a common allergy among children. Approximately 0.6% of American children have a peanut allergy. Peanuts are a common allergen reported to cause fatal and near-fatal allergic reactions. It is important to know the [symptoms of a severe allergic reaction called anaphylaxis](#).

Peanut allergy is usually life-long once acquired. Studies show that about 20% of peanut allergic children will outgrow their peanut allergy.

Children with a peanut allergy must avoid peanut in all forms. This includes all peanut products. Children with a peanut allergy also must avoid anything containing traces of peanut ingredients in it.

Highly refined peanut oil will not be labeled as a major allergen on an ingredient statement. There are clinical studies showing that highly refined oils can be safely eaten by food allergic individuals. This is because highly refined oils contain extremely small levels of allergenic protein.

However, people with peanut allergy need to avoid any expeller pressed, extruded or cold pressed peanut oil. These types of oil do contain peanut protein and must be listed on the label as an allergen.

Did you know that arachis, hypogaeic acid and mandelonas all contain peanut? The FDA food allergen label law requires foods to state if they contain a top 8 allergen such as peanut. But, there are many foods and products that are not covered by the law, so it is still important to know how to read a label for peanut ingredients. Products exempt from plain English labeling rules: (1) Foods that are not regulated by the FDA. (2) Cosmetics and personal care items. (3) Prescription and over-the-counter medications. (4) Toys, crafts and pet food. Download and print our [Peanut Allergy Avoidance List and Travel Cards](#) to carry with you and share.

## CONTAIN PEANUT

The following ingredients found on a label indicate the presence of peanut protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

**Arachic oil**

**Arachis**

**Arachis hypogaea**

**Artificial nuts**

Beer nuts  
Boiled peanuts  
Cold pressed, extruded or expelled peanut oil  
Crushed nuts, crushed peanuts  
Earth nuts  
Goober peas  
Ground nuts, ground peanuts  
Hydrolyzed peanut protein  
Mandelonas  
Mixed nuts  
Monkey nuts  
Nu nuts flavored nuts  
Nut pieces  
Nutmeat  
Peanuts, peanut butter, peanut butter chips, peanut butter morsels  
Peanut flour  
Peanut paste  
Peanut sauce, peanut syrup  
Spanish peanuts  
Virginia peanuts

## **PEANUT IS SOMETIMES FOUND IN**

Artificial flavoring  
Baked goods  
Candy  
Chili  
Chocolate  
Crumb toppings  
Egg rolls  
Enchilada sauce  
Ethnic foods: African, Asian, Chinese, Indian, Indonesian, Thai, Vietnamese, Mexican  
Fried foods  
Flavoring  
Graham cracker crust  
Hydrolyzed plant protein  
Hydrolyzed vegetable protein  
Marzipan  
Mole sauce  
Natural flavoring  
Nougat

However, if the product is an FDA regulated food, the word "Peanut" must appear on the label.

## Tree Nut Allergy

Tree nut allergy is the second most common allergy in infants and young children. Approximately 0.4- 0.5% of American children have a tree nut allergy. Tree nuts are a common allergen reported to cause fatal and near-fatal allergic reactions.

Tree nut allergy is usually life-long once acquired. Approximately 9% of children allergic to tree nuts may outgrow their allergy.

Children with a tree nut allergy must avoid that tree nut and all products containing that type of tree nut. Children with a tree nut allergy also must avoid anything containing traces of ingredients containing that tree nut. There is a potential of tree nut products having cross-contact other tree nuts and with peanuts. For this reason, your child's doctor may advise you to avoid all tree nuts and



peanuts.

## How to Read a Label for Tree Nuts

Always read the entire ingredient label to look for the names of the tree nut(s) you need to avoid. Tree nut ingredients may be within the list of the ingredients. Or tree nuts could be listed in a "Contains" statement beneath the list of ingredients. Examples are "Contains Walnut" or "Contains Almond". This is required by the federal Food Allergen Labeling and Consumer Protection Act (FALCPA). [Learn more about the U.S. food allergen labeling law.](#)

FALCPA requires that all packaged foods regulated by the FDA must list the common names of tree nuts clearly on the ingredient label if it contains tree nuts. Advisory statements such as "may contain hazelnuts" or "made in a facility with tree nuts" are voluntary. Advisory statements are not required by any federal labeling law. Discuss with your doctor if you may eat products with these labels or if you should avoid them.

Did you know that marzipan, mortadella cheese and mandelonas all contain tree nuts? The FDA food allergen label law requires foods to state if they contain a top 8 allergen such as tree nuts. But, there are many foods and products that are not covered by the law, so it is still important to know how to read a label for tree nut ingredients. Products exempt from plain English labeling rules: (1) Foods that are not regulated by the FDA. (2) Cosmetics and personal care items. (3) Prescription and over-the-counter medications. (4) Toys, crafts and pet food.

## CONTAIN TREE NUTS

The following ingredients found on a label indicate the presence of tree nuts. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

## COMMON TREE NUT NAMES (FDA LIST)

**Almond**

**Beechnut**

Brazil nut  
Bush nut  
Butternut  
Cashew  
Chestnut  
Coconut\*  
Filbert  
Ginko nut  
Hazelnut  
Hickory nut  
Lichee nut  
Macadamia nut  
Nangai nut  
Pecan  
Pine nut  
Pistachio  
Shea nut  
Walnut

## COMPLETE LIST OF TREE NUT NAMES (BOTANICAL NAMES AND DERIVATIVES)

Almond  
Almond paste  
Anacardium nuts  
Anacardium occidentale (Anacardiaceae) [botanical name, Cashew]  
Artificial nuts  
Beech nut  
Brazil nut  
Bertholletia excelsa (Lecythidaceae) [botanical name, Brazil nut]  
Bush nut  
Butternut  
Butyrospermum Parkii [botanical name, Shea nut]  
Canarium ovatum Engl. in A. DC. (Burseraceae) [botanical name, Pili nut]  
Caponata  
Carya illinoensis (Juglandaceae) [botanical name, Pecan]  
Carya spp. (Juglandaceae) [botanical name, Hickory nut]  
Cashew  
Castanea pumila (Fagaceae) [botanical name, Chinquapin]  
Castanea spp. (Fagaceae) [botanical name, Chestnut (Chinese, American, European, Seguin)]  
Chestnut (Chinese, American, European, Seguin)  
Chinquapin  
Coconut\*  
Cocos nucifera L. (Arecaceae (alt. Palmae)) [botanical name, Coconut]  
Corylus spp. (Betulaceae) [botanical name, Filbert/hazelnut]  
Filbert  
Fagus spp. (Fagaceae) [botanical name, beech nut]  
Gianduja  
Ginko nut

Ginkgo biloba L. (Ginkgoaceae) [botanical name, Ginkgo nut]  
Hazelnut  
Heartnut  
Hickory nut  
Indian nut  
Juglans cinerea (Juglandaceae) [botanical name, Butternut]  
Juglans spp. (Juglandaceae) [botanical name, Walnut, Butternut, Heartnut]  
Karite (shea nut)  
Lichee nut  
Litchi chinensis Sonn. Sapindaceae [botanical name, Lichee nut]  
Lychee nut  
Macadamia nut  
Macadamia spp. (Proteaceae) [botanical name, Macadamia nut/Bush nut]  
Mandelonas  
Marzipan  
Mashuga nuts  
Nangai nuts  
Natural nut extract (for example, almond extract)  
Nougat  
Nu-Nuts®  
Nut butters (e.g., Almond butter, Hazelnut butter, Brazil nut butter, Macadamia nut butter, Pistachio nut butter, Shea nut butter, Karite butter, as well as other nut butters)  
Nut meal  
Nutella®  
Nutmeat  
Nut oil (e.g., Walnut oil as well as other nut oils)  
Nut paste  
Nut pieces  
Pecan  
Pigñolia  
Pili nut  
Pine nut  
Pine nut (Indian, piñon, pinyon, pigndi, pigñolia, pignon nuts)  
Pinon nut  
Piñon or Piñon nut  
Pinus spp. (Pineaceae) [botanical name, Pine nut/piñon nut]  
Pistachio  
Pistacia vera L. (Anacardiaceae) [botanical name, Pistachio]  
Pralines  
Prunus dulcis (Rosaceae) [botanical name, almond]  
Shea nut  
Sheanut  
Vitellaria paradoxa C.F. Gaertn. (Sapotaceae) [botanical name, Shea nut]  
Walnut (English, Persian, Black, Japanese, California)

**TREE NUTS ARE SOMETIMES FOUND IN**

Artificial flavoring  
Baked goods  
Mortadella  
Natural flavoring  
Nougat  
Pesto

However, if the product is an FDA regulated food, the common tree nut name must appear on the label.

Please print and return this page to your child's teacher.

I have read and understand that Preschool Prep 2015-16 is a peanut and tree nut free zone.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Name (printed) \_\_\_\_\_