



Information for Parents and Carers on our Nut Free Policy

We are a nut-free school and it is important that no nuts of any kind are brought into school as part of a snack or in a lunchbox. This also includes cakes or biscuits that may be made for our bake sales.

We have pupils in school with severe nut allergies and so any food brought into school containing nuts will be removed.

When we talk about nuts it is not just peanuts we are referring to. There are lots of different nuts, otherwise known as tree nuts and these must be avoided too. Tree nuts include the following:

Almond	Macadamia (Queensland / bush nut)
Brazil	Pecan (Hickory nut)
Cashew	Pistachio
Hazelnut (cob nuts / filbert)	Walnut

It is worth mentioning that peanuts can be known by other names. The ingredients list however will usually indicate if the food contains peanut even if they are using a different name. The other names for peanut include the following:

Arachis hypogaea	Groundnuts
Beer nuts	Goober nut / pea
Cacahuete	Mandelonas
Chinese nuts	Monkey nuts
Earthenuts	

There are so many products that may contain nuts. Below are the common ones that may be helpful to remember when planning what to put in your child's lunchbox or snack box.

Spreads:

Peanut butter / other nut butters such as almond or cashew butter
Nutella / other hazelnut spreads

Biscuits/Cakes:

Nut cookies
Cereal bars
Macaroons
Muesli biscuits
Bakewell tarts
Battenberg cake
Fruit and nut cakes
Rich fruit cakes
Some types of malt loaf
Cakes containing marzipan

Confectionery:

Chocolate containing nuts:
Snickers, Ferrero Rocher, Chocolate, fruit & nut bars



Cereals:

Nut muesli
Crunchy Nut Cornflakes/Clusters
Nut granola

Dairy/dairy alternative products:

Nut flavoured milk shakes
Yoghurts containing nuts/muesli
Cheese containing nuts
Dairy alternative nut milks e.g. almond, hazelnut

Miscellaneous:

Marzipan
Nuts and raisins
Bombay mix
Stuffing mix
Pesto (check the ingredients as many contain cashews)
Peanut flour
Crushed ground nuts
Satay sauce or Satay sticks
Salads containing nuts such as a Waldorf salad

If you have any questions then please do come and speak to a member of staff.

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