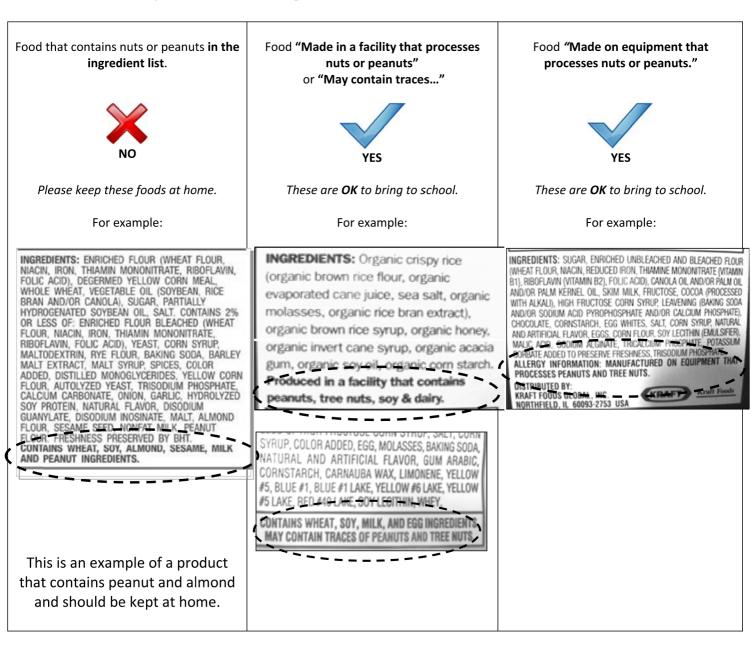
## **HOW TO READ INGREDIENT LABELS**

Do not send in anything that contains peanuts or nuts in the list of ingredients.

Here are some helpful hints about ingredient labels:



Please be aware that protein bars are often a hidden source of nut products. Two recommended safe brands: *Cherrybrook Kitchen* mixes for baked goods and *Enjoy Life* treats.

Also, although Chick-fil-A chicken nuggets are cooked in peanut oil, they are perfectly safe to bring to school. Chick-fil-A uses a particular type of peanut oil that has had the allergy-triggering peanut proteins destroyed. Allergists, including those at Duke University Medical Center, say it is scientifically impossible to have a reaction from being exposed to the peanut oil used at Chick-fil-A.