

## 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:

Food that contains nuts or peanuts in the ingredient list.



NO

Please keep these foods at home.

For example:

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEGERMED YELLOW CORN MEAL, WHOLE WHEAT, VEGETABLE OIL (SOYBEAN, RICE BRAN AND/OR CANOLA), SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, CONTAINS 2% OR LESS OF: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, CORN SYRUP, MALTODEXTRIN, RYE FLOUR, BAKING SODA, BARLEY MALT EXTRACT, MALT SYRUP, SPICES, COLOR ADDED, DISTILLED MONOGLYCERIDES, YELLOW CORN FLOUR, AUTOLYZED YEAST, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, ONION, GARLIC, HYDROLYZED SOY PROTEIN, NATURAL FLAVOR, DISODIUM GUANYLATE, DISODIUM INOSINATE, MALT, ALMOND FLOUR, SESAME SEED, NONFAT MILK, PEANUT FLOUR. FRESHNESS PRESERVED BY BHT.  
**CONTAINS WHEAT, SOY, ALMOND, SESAME, MILK AND PEANUT INGREDIENTS.**

This is an example of a product that contains peanut and almond and should be kept at home.

Food “Made in a facility that processes nuts or peanuts” or “May contain traces...”



YES

These are **OK** to bring to school.

For example:

**INGREDIENTS:** Organic crispy rice (organic brown rice flour, organic evaporated cane juice, sea salt, organic molasses, organic rice bran extract), organic brown rice syrup, organic honey, organic invert cane syrup, organic acacia gum, organic soy oil, organic corn starch.  
**Produced in a facility that contains peanuts, tree nuts, soy & dairy.**

SYRUP, COLOR ADDED, EGG, MOLASSES, BAKING SODA, NATURAL AND ARTIFICIAL FLAVOR, GUM ARABIC, CORNSTARCH, CARNAUBA WAX, LIMONENE, YELLOW #5, BLUE #1, BLUE #1 LAKE, YELLOW #6 LAKE, YELLOW #5 LAKE, RED #40 LAKE, SOY LECITHIN, WHEY.  
**CONTAINS WHEAT, SOY, MILK, AND EGG INGREDIENTS. MAY CONTAIN TRACES OF PEANUTS AND TREE NUTS.**

Food “Made on equipment that processes nuts or peanuts.”



YES

These are **OK** to bring to school.

For example:

**INGREDIENTS:** SUGAR, ENRICHED UNBLEACHED AND BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), CANOLA OIL AND/OR PALM OIL AND/OR PALM KERNEL OIL, SKIM MILK, FRUCTOSE, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR SODIUM ACID PYROPHOSPHATE AND/OR CALCIUM PHOSPHATE), CHOCOLATE, CORNSTARCH, EGG WHITES, SALT, CORN SYRUP, NATURAL AND ARTIFICIAL FLAVOR, EGGS, CORN FLOUR, SOY LECITHIN (EMULSIFIER), MALIC ACID, SODIUM ALGINATE, TRICALCIUM PHOSPHATE, POTASSIUM SORBATE ADDED TO PRESERVE FRESHNESS, TRISODIUM PHOSPHATE.  
**ALLERGY INFORMATION: MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUTS AND TREE NUTS.**  
DISTRIBUTED BY:  
KRAFT FOODS GROUP, INC.  
NORTHFIELD, IL 60093-2753 USA

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.