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PRINCIPAL

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Dear Parent/Guardian:

A number of our students are severely allergic to peanuts and/or tree nuts. I am asking your help in assuring that Holy Cross Academy is a safe environment for these children. It is very important that they not be exposed to nuts, products containing nuts or anything processed in a place where nuts may be used.

Therefore, we will keep their classrooms "nut free" out of consideration for the children's health and safety. Please send your children to school with nut free snacks and provide nut free foods for parties.

A list of acceptable foods is attached below for classroom events. This list must be adhered to beginning in September. You will see that it is quite an extensive list. These are suggested safe foods/snacks for school. The list will be on our website and also under the heading "School Nurse".

If you need assistance determining whether a food contains nuts or nut products, please see Tips for Avoiding Food Allergens at <http://www.foodallergy.org/file/tips-avoid-allergen.pdf>. Some popular brands have a "Contains" heading under which common allergens will be listed.

Thank you in advance for your cooperation in providing our students a safe and healthy learning environment. If you have any questions, please do not hesitate to contact me.

Sincerely,

*Jane Borkoski, RN*

School Nurse

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Email: [jborkoski@hcarumson.org](mailto:jborkoski@hcarumson.org)

## SAFE FOODS FOR PEANUT AND NUT ALLERGY

### THE FOLLOWING COMPANIES HAVE BEEN GOOD AT ALLERGEN LABELING:

Nabisco, Kelloggs, Hersheys, Frito Lays, Keebler, Enjoy Life, General Mills (They make Betty Crocker, Pillsbury, Haagan Daz, Cascadia Farms), Uni-lever (Breyers), Pepperidge Farms (Pepperidge Farm does not bold their allergens or list allergens below ingredients. Ingredient lines must be read carefully.)

#### CANDY:

Tootsie Rolls and Tootsie Pops  
Skittles  
Twizzlers  
Dum Dum Pops  
Swedish Fish  
Sour Patch Kids  
Jelly Belly Jelly Beans  
Mike and Ike  
Air Heads  
Starburst  
Nerds  
Good and Plenty  
Dots  
Laffy Taffy  
Kraft and Jet Puff Marshmallows  
General Mills Fruit Roll Ups  
Fruit by the Foot, and Fruit Snacks  
Kellogg's Fruit Snacks  
Sweethearts

#### CHOCOLATE:

Whoppers  
Milk Duds  
Plain Hershey Kisses  
Plain Hershey Bars (*Full Size ONLY*)  
Enjoy Life chocolate bars  
Vermont Nut Free Chocolate (*Sold at Delicious Orchards*)  
Hershey's chocolate chips  
Enjoy Life Chocolate Chips

#### COOKIES:

Nabisco Oreos: Plain, Vanilla, Double Stuff  
Nabisco Chips A'hoy Chocolate Chip Cookies: Regular, Chewy,  
Keebler Vanilla Wafers  
Nabisco and Honey Made Graham Crackers  
Nabisco Fig Newtons  
Nabisco Teddy Grahams  
Snack Wells Vanilla Cream Cookies  
Keebler Vienna Fingers  
Keebler Fudge Stripes  
Nabisco Ginger Snaps

Lorna Doone  
Barnum Animal Crackers  
Enjoy Life Brand chocolates, cookie and bake products

**SNACKS:**

Pretzels: Bachman, Rold Gold, Herrs, and Utz  
Potato Chips: Ruffles, Herrs, Lays, Frito Lays and Wise  
Doritos  
Fritos  
Cheetos  
Stacey's Chips  
Pirate Bootie  
Smart Puffs  
Popcorn: Herr's, Wise and Smartfood  
Chex Mix  
Plain Ritz Crackers (*not sandwiches*)  
Triscuits  
Wheat Thins  
All Dare brand crackers  
Keebler Cheese Nips  
Nabisco Cheese Its  
Townhouse crackers by Keebler  
Keebler Club crackers  
Carr's Water Crackers  
Pepperidge Farm Goldfish  
Quaker Rice Cakes  
Nabisco Saltines  
Sun Chips  
Pringles  
Cheese Doodles

**CEREAL:**

Cheerios (Plain)  
Kix  
Frosted Mini-Wheats

**FRUITS:**

All Fresh Fruit  
Sun Maid raisins  
Craisins  
Betty Crocker Fruit Snacks/Roll-Ups/Gushers  
Annie's Bunny fruit snacks  
Welch's fruit snacks

**VEGETABLES:**

All Fresh Vegetables

**Ice Cream:**

Good Humor Bars and sandwiches  
Skinny Cow Sandwiches (Cookie and Cream and Vanilla only)  
Breyers Homemade (Vanilla)

Turkey Hill (Vanilla, Chocolate and Strawberry)

Rich's Ice Cream bars

All non nut Italian Ices

Luigi's real Italian Ices

Marino's Italian Ice

Dole Fruit bars

Minute Maid Juice Bars

**OTHER:**

All String Cheese

**BARS AND PACKS:**

Nutrigrain Bars

Kellogg's Special K Bars: Salted Pretzel Chocolate, Blueberry Bliss, Berry Medley

Kellogg's Special K Pastry Crisps: Strawberry, Blueberry, Cookies and Cream

Cascadia Farms Chocolate Chip Bar

Kellogg's Rice Krispie Treats: plain, rainbow, double chocolate chunk, chocolate drizzle, chocolate marshmallow

Kellogg's Special K Mini Brownies: Fudge and Blondie

Kellogg's Nutrigrain Chocolate Chip Breakfast Biscuits

Entenmann's Li'l Bites

**BAKED GOODS:**

Nada Nut Bakery in Holmdel

All Pinnacle Food Products, Duncan Hines, Birds Eye (See their website)

Lender Bagels Frozen, NUT FRESH

Bagel Masters in Shrewsbury

Lofthouse Cookies: Huge variety of safe cookies sold at Bakery section of Acme and Walmart Sweet

Middles Cookies: Crème Brullee, Oatmeal Raisin Crisp, Chocolate Soufflé, *(Sold at bakery section of Acme)*

Everyday Favorites Mini Cupcakes: Chocolate and Vanilla *(Sold at bakery section of Shoprite)*

The Bakery Mini Cupcakes: Vanilla and Chocolate *(Sold at Walmart)*

The Bakery Buttercream Sandwich Cookies *(Sold at Walmart)*

Sweet Tease Baler in Belmar and Manasquan

Philadelphia Pretzel Factory (Except NO Dip)

Also, check out: [www.vegantreats.com](http://www.vegantreats.com)

**PLEASE NOTE:**

MANUFACTURING PLANTS AND PROCESSES OFTEN CHANGE WITHOUT NOTICE. PLEASE ALWAYS READ INGREDIENT LABELS FOR PRESENCE OF PEANUTS OR NUTS, OR LINES SUCH AS, "May contain nuts, or produced in a facility with nuts." THIS LIST IS TO SERVE AS A GUIDE. WE DO NOT TAKE RESPONSIBILITY FOR MISTAKES OR OMISSIONS. IT IS EACH PERSON'S RESPONSIBILITY TO READ LABELS AND CALL MANUFACTURERS WITH ALLERGY QUESTIONS.

Always call the Nurse's Office at extension 1143 with any questions or concerns.



# Tips for Avoiding Your Allergen

- All FDA-regulated manufactured food products that contain a “major food allergen” (milk, wheat, egg, peanuts, tree nuts, fish, crustacean shellfish, and soy) as an ingredient are required by U.S. law to list that allergen on the product label. For tree nuts, fish and crustacean shellfish, the specific type of nut or fish must be listed.
- Read all product labels carefully before purchasing and consuming any item.
- Be aware of unexpected sources of allergens, such as the ingredients listed below.
- \*Note: This list does not imply that the allergen is always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients.



## For a Milk-Free Diet

### Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	lactalbumin, phosphate	<i>solids, whole</i>
butter milk	lactoferrin	milk protein hydrolysate
casein	lactose	pudding
casein hydrolysate	lactulose	Recaldent®
caseinates ( <i>in all forms</i> )	milk ( <i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed,</i>	rennet casein
cheese		sour cream, sour cream solids
cottage cheese		sour milk solids
cream		tagatose
curds		whey ( <i>in all forms</i> )
custard		whey protein
diacetyl		hydrolysate
ghee		yogurt
half-and-half		

### Milk is sometimes found in the following:

artificial butter flavor	culture and other bacterial cultures	nisin
baked goods	luncheon meat, hot dogs, sausages	nondairy products
caramel candies	margarine	nougat
chocolate		
lactic acid starter		

### Keep the following in mind:

- Individuals who are allergic to cow's milk are often advised to also avoid milk from other domestic animals. For example, goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in individuals who have a milk allergy.



## For a Wheat-Free Diet

### Avoid foods that contain wheat or any of these ingredients:

bread crumbs	<i>protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat</i>	semolina
bulgur		spelt
cereal extract		sprouted wheat
club wheat		triticale
couscous		vital wheat gluten
cracker meal	hydrolyzed wheat protein	wheat ( <i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i> )
durum	Kamut®	wheat bran hydrolysate
einkorn	matzoh, matzoh meal ( <i>also spelled as matzo, matzah, or matza</i> )	wheat germ oil
emmer	pasta	wheat grass
farina	seitan	wheat protein isolate
flour ( <i>all purpose, bread, cake, durum, enriched, graham, high gluten, high</i>		whole wheat berries

### Wheat is sometimes found in the following:

glucose syrup	soy sauce	surimi
oats	starch ( <i>gelatinized starch, modified starch, modified food starch, vegetable starch</i> )	



## For an Egg-Free Diet

### Avoid foods that contain eggs or any of these ingredients:

albumin ( <i>also spelled albumen</i> )	livetin	vitellin
egg ( <i>dried, powdered, solids, white, yolk</i> )	lysozyme	words starting with “ovo” or “ova” ( <i>such as ovalbumin</i> )
egg nog	mayonnaise	
globulin	meringue ( <i>meringue powder</i> )	
	surimi	

### Egg is sometimes found in the following:

baked goods	fried rice	meatloaf or meatballs
breaded items	ice cream	nougat
drink foam ( <i>alcoholic, specialty coffee</i> )	lecithin	pasta
egg substitutes	marzipan	
	marshmallows	

### Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.



## For a Soy-Free Diet

### Avoid foods that contain soy or any of these ingredients:

edamame	soy protein ( <i>concentrate, hydrolyzed, isolate</i> )
miso	shoyu
natto	soy sauce
soy ( <i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i> )	tamari
soya	tempeh
soybean ( <i>curd, granules</i> )	textured vegetable protein ( <i>TVP</i> )
	tofu

### Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

### Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.







## For a Shellfish-Free Diet

**Avoid foods that contain shellfish or any of these ingredients:**

barnacle	lobster ( <i>langouste, langoustine, Moreton bay bugs, scampi, tomalley</i> )	prawns
crab		shrimp ( <i>crevette, scampi</i> )
crawfish ( <i>crawdad, crayfish, ecrevisse</i> )		
krill		

**!** Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

**Your doctor may advise you to avoid mollusks or these ingredients:**

abalone	limpet ( <i>lapas, opihi</i> )	sea cucumber
clams ( <i>cherrystone, geoduck, littleneck, pismo, quahog</i> )	mussels	sea urchin
cockle	octopus	snails ( <i>escargot</i> )
cuttlefish	oysters	squid ( <i>calamari</i> )
	periwinkle	whelk ( <i>Turban shell</i> )
	scallops	

**Shellfish are sometimes found in the following:**

bouillabaisse	fish stock	surimi
cuttlefish ink	seafood flavoring ( <i>e.g., crab or clam extract</i> )	
glucosamine		

**Keep the following in mind:**

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.



## For a Peanut-Free Diet

**Avoid foods that contain peanuts or any of these ingredients:**

artificial nuts	goobers	nut meat
beer nuts	ground nuts	peanut butter
cold pressed, expeller pressed, or extruded peanut oil	mixed nuts	peanut flour
	monkey nuts	peanut protein hydrolysate
	nut pieces	

**Peanut is sometimes found in the following:**

African, Asian ( <i>especially Chinese, Indian, Indonesian, Thai, and Vietnamese</i> ), and Mexican dishes	baked goods ( <i>e.g., pastries, cookies</i> )	enchilada sauce
	candy ( <i>including chocolate candy</i> )	marzipan
	chili	mole sauce
	egg rolls	nougat

**Keep the following in mind:**

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine (or lupin). Flour derived from lupine is becoming a common substitute for gluten-containing flours. The law requires that a food product's ingredients must be listed on the label, such as "lupin" or "lupine".
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.



## For a Tree-Nut-Free Diet

**Avoid foods that contain nuts or any of these ingredients:**

almond	litchi/lichee/lychee nut	pecan
artificial nuts	macadamia nut	pesto
beechnut	marzipan/almond paste	pili nut
Brazil nut	Nangai nut	pine nut ( <i>also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nut</i> )
butternut	natural nut extract ( <i>e.g., almond, walnut</i> )	
cashew	nut butters ( <i>e.g., cashew butter</i> )	
chestnut	nut meal	
chinquapin nut	nut meat	
filbert/hazelnut	nut paste ( <i>e.g., almond paste</i> )	
gianduja ( <i>a chocolate-nut mixture</i> )	nut pieces	
ginkgo nut		
hickory nut		

**Tree nuts are sometimes found in the following:**

black walnut hull extract ( <i>flavoring</i> )	nut distillates/alcoholic extracts	walnut hull extract ( <i>flavoring</i> )
natural nut extract	nut oils ( <i>e.g., walnut oil, almond oil</i> )	

**Keep the following in mind:**

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.



## For a Fish-Free Diet

**Fish is sometimes found in the following:**

barbecue sauce	fish oil	pizza ( <i>anchovy topping</i> )
bouillabaisse	fish sauce imitation fish or shellfish isinglass	roe
Caesar salad	lutefisk maw, maws ( <i>fish maw</i> )	salad dressing
caviar	fish stock	seafood flavoring
deep fried items	fishmeal	shark cartilage
fish flavoring	nuoc mam ( <i>Vietnamese name for fish sauce; beware of other ethnic names</i> )	shark fin
fish flour		surimi
fish fume		sushi, sashimi
fish gelatin ( <i>kosher gelatin, marine gelatin</i> )		Worcestershire sauce

**Keep the following in mind:**

- If you have fish allergy, avoid seafood restaurants. Even if you order a non-fish item off of the menu, cross-contact of fish protein is possible.
- Asian cookery often uses fish sauce as a flavoring base. Exercise caution when eating this type of cuisine.
- Fish protein can become airborne in the steam released during cooking and may cause an allergic reaction. Stay away from cooking areas when fish is being prepared.

