

Peanut/Tree Nut Allergy Quick Reference

Changes at LCS to Ensure Student Safety

- Staff training by AVRSB School Nurse
- Changes to cafeteria menu
- Training students to wash hands before and after eating to help prevent allergic reactions
- Teaching students about nut allergies and why they cannot share food
- Emergency plans for students with severe nut allergies

Quick Facts

- Tree nuts are considered a priority allergen by [Health Canada](#).
- People with an allergy to one type of nut have a greater chance of being allergic to others.
- People who are allergic to some tree nuts generally avoid all tree nuts and peanuts because of the risk of cross-contamination.

Be Allergy-Aware

- Read ingredient labels every time you buy products that you will be sending to school.
- Do **The Triple Check** and read the label:
 - Once at the store before buying it.
 - Once when you get home and put it away.
 - Again before you serve or eat the product..
- Be careful when buying imported products, since labelling rules differ from country to country.

Some Common Tree Nuts

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|----------------------|------------------------------|-------------------------|
| Almonds | Hickory nuts | Shea nuts (shea butter) |
| Brazil nuts | Macadamia nuts | |
| Cashews | Pecans | |
| Chestnuts | Pine Nuts (pinon, pignolias) | |
| Hazelnuts (filberts) | Pistachio | |