



## Healthy Living at Hannaford

### Nut-Free Snacks for a Nut-Free School

Can't send your student to school with the standby PB & J sandwich? Here are some ways to cope when nut allergies are in play.

#### Things to Know

Under federal law, peanuts and tree nuts have to be clearly identified on a food label if they're used as an ingredient. Look for the word "peanuts" or a particular type of tree nut -- macadamia nuts, brazil nuts, cashews, almonds, walnuts, pecans, pistachios, chestnuts, beechnuts, hazelnuts, pine nuts (pignoli or piñon), ginkgo nuts or hickory nuts -- in the list of ingredients or following the word "Contains."

Look for warnings like "may include traces of peanuts" or "manufactured on a shared line with tree nuts." Package notices to the effect of "made in a nut-free facility" indicate safe snacks. Be aware that manufacturing formulations sometimes change. Even if you've bought a safe snack before, take a look at the label each time you buy it to make sure the ingredients or cross-contamination warnings haven't changed.

#### Foods to Pack

What kinds of foods are good (and nutritious) to bring to a nut-free classroom? Your school may provide a list, or a good source for current information will be the parent of the classmate with the nut allergy. Other great ideas are listed below. Remember to always check labels on packaged foods.

- Fresh fruit. Bananas are popular year-round, apples and pears are great in the fall, and clementines are easy to peel and available through the winter, just to name a few.
- Cabot® Cheddar Chesse is a nut-free, lactose-free, kid-friendly cheese that can be sent cubed or sliced. Cabot also makes a great-tasting reduced-fat cheese that most kids love.
- Vegetables. Baby carrots, cherry tomatoes, broccoli, and cauliflower are among the vegetables kids will eat raw. Small containers of ranch salad dressing or hummus make a tasty dip.
- Raisins, Craisins®, or other dried fruit.
- Low-fat Danimals® or Dan-o-nino® Yogurt are particularly good for preschool children.
- Air-popped popcorn.
- Mott's® Applesauce.
- Dole® Fruit Bowls packed in natural juices.
- Potato or tortilla chips. For the healthiest choices, be sure to pick those that earn a Guiding Stars® rating.
- Luncheon meat and whole-wheat sandwich bread. Taste of Inspirations™ deli meats earn a star, making them a healthy choice for your child.
- Juice, water, milk, and most other beverages (but not almond milk).

---

### Interested in having a nut-free shopping list?

Create one online at [hannaford.com](http://hannaford.com). You can choose to create a list without allergens, such as milk, wheat or nuts, or simply create a list of foods that earn Guiding Stars ratings. Hannaford makes it easy to find the foods you need.



#### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](mailto:hannaford.com/asknutritionist).