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from your Hannaford dietitian

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 Cheese 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[®] Dried Cranberries, 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. 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 lifestyle changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitians.