



## MPA's Peanut And Tree Nut Guidelines

As an Allergy Aware School, Mounds Park Academy prohibits foods with peanuts and/or tree nuts listed as ingredients throughout the school building and at school events.

If a food is "manufactured in a facility" or "processed on the same equipment" it will be allowed in Upper School. However, those food items will be prohibited in Lower and Middle School.

These guidelines and protocols apply to all students, parents, coaches, employees, and visitors.

**Questions?** Email [foodallergies@moundsparkacademy.org](mailto:foodallergies@moundsparkacademy.org).

**X** = not allowed at MPA

**✓** = welcome at MPA

### Reading Food Labels

Always read the entire ingredient list and food label to look for the words "peanut" or "tree nut." These words may be within the list of the ingredients or they could be listed in a "Contains:" statement beneath the list of ingredients.

Lower School	Middle School	Upper School	
X	X	X	Any food that contains peanut or tree nut in the ingredient list.
X	X	X	Any food that includes peanut or tree nut in the "Contains:" statement on the label.
X	X	X	Any food that includes peanut or tree nut in the "May contain:" statement on the label.
X	X	✓	Any food that is labeled that it is "manufactured in a facility" or "processed on the same equipment" as tree nuts or peanuts.
✓	✓	✓	Home baked or home cooked foods that do not contain peanuts or tree nuts in any of their ingredients and are made and prepared taking care to avoid any trace of peanuts and tree nuts.
✓	✓	✓	Restaurant food that does not contain peanuts or tree nuts and is made in a peanut and tree nut free kitchen (examples: Chipotle, Nino's Pizzeria)
X	X	✓	Restaurant food that does not contain peanuts or tree nuts, but is made in a kitchen that does handle peanuts and tree nuts (examples: Panera, McDonald's, Subway, Little Caesars).
X	X	X	Restaurant food that contains peanuts or tree nuts.

Please consult the following website for safe food and snack ideas: [www.snacksafely.com/safe-snack-guide](http://www.snacksafely.com/safe-snack-guide). MPA selected this website because it is the only list that is updated regularly. We suggest downloading a copy, noting the expiration date of the list, and re-printing it when it expires. You can subscribe to updates at [snacksafely.com/subscribe](http://snacksafely.com/subscribe).

## Often Safe at MPA

(always read the label to know for sure)

- Fresh fruits other than lychee or tamarind prepared taking care to avoid any trace of peanuts and tree nuts
- Fresh vegetables prepared taking care to avoid any trace of peanuts and tree nuts
- Pretzels
- Crackers
- Popcorn
- Potato chips
- Corn chips
- Cereals
- Wow Butter
- Sunbutter
- Lunch meat
- Cheeses
- Applesauce
- Rice Cakes
- Animal Crackers
- Jerky
- Raisins and other dried fruit

## Never Safe at MPA

### Peanuts, including...

- Peanut butter
- Mixed nuts
- Any food containing peanuts

### Tree Nuts, including...

- Almonds
- Almond butter
- Almond milk
- Brazil nuts
- Cashews
- Cashew butter
- Cashew milk
- Hazelnuts
- Chocolate hazelnut spread (such as Nutella)
- Lychee
- Macadamias
- Pecans
- Pine nuts
- Pistachios
- Walnuts
- Seven Nut & Seed Butter (such as NuttZo)
- Tamarind
- Any food containing tree nuts

