

Allergen Alert

(June 28, 2010)



There are children who attend Zoo Camp over the course of the summer who suffer from a life-threatening allergy to peanut and/or nut related products. Campers who have severe allergies to such food substances are exposed to a severe health risk when any peanut and/or nut related products are consumed in their environment or shared with them. **We do NOT allow peanut and/or nut related products at Zoo Camp.**

Is There A “Cure”?

No. The only “treatment” is avoidance of all products that contain or may contain nuts. Since there is no cure for a peanut/nut related allergy, prevention is the best approach.

Are Peanuts the Same as Nuts?

No. Peanuts are “ground” nuts and thus are not really nuts, but a member of the legume family. All other nuts are “tree” nuts, e.g. walnuts, cashews, almonds, etc. Allergies to tree nuts are usually severe as well. That is why at Zoo Camp we do not allow any peanut and/or nut related products.

What does “May Contain Traces of Nuts” mean?

It means that even if the food does not have peanuts in it on purpose, it may have come in contact with peanuts and it is **not safe** for a person with a peanut allergy. A product might come in contact with peanuts if it’s made in a place that also makes other products that do contain nuts.

What Can I Do To Help?

To avoid sending peanut or nut related products:

- ✓ Read labels to see if peanut products are present. Also avoid products that have warnings such as ‘may contain traces of nuts’ on the package.
- ✓ Check ingredient lists **each time** you buy a product. **Ingredients may change.**
- ✓ Avoid products that do not carry an ingredients list.
- ✓ Avoid packing “bulk foods” – the scoop you used in the raisins may have just come from the peanut bin!

Your understanding and co-operation in ensuring that Zoo Camp is a nut “aware” camp is greatly appreciated.





Nut Free Lunches and Snacks

If you're used to using peanut and/or nut products when making your child's lunch you may find it challenging to create a nut-free lunch. Mix and match some of the following ideas for delicious lunches.



Some suggested peanut/nut free alternatives include:

*NOTE: This list is only a guide. **Manufacturers often change food ingredients, so please remember to read the labels of pre-packaged foods carefully.**

Fruits and Vegetables

- Fresh fruits/vegetables with dip
- Canned fruits
- Fruit or vegetable juices
- Raisins

Meats and Alternatives

- Hard-boiled egg
- Cold cuts (ham, turkey, salami, pastrami)
- Water-packed tuna or salmon
- Beans or lentils or chili
- Left-over pizza

Milk Products

- 2%, 1% or skim white or chocolate milk
- Yogurt, Tubes, Mini-go
- Cubed, cream, string or cottage cheese
- Smart choice, Hunt's, and Kraft pudding snacks

Grain Products

- Bread: whole wheat, rye, cracked wheat, oatmeal, bagels, rolls, buns, pita bread or english muffins
- Rice, pasta, or noodle soup
- Crackers: Ritz regular crackers, Goldfish, Christie's Animal Crackers, Crispers, Cheese Nips
- Chips: Frito Lay (Doritos, Cheetos, Munchies, Lays), Ruffles, pretzels, popcorn
- Cookies/Snacks: Teddy Grahams, Snack Wells, Nestle/Dare/Letourneau products, Nutrigrain bars, Chips Ahoy (chewy and regular), Oreos, Arrowroot, Rice Krispie Squares (regular), Quaker **nut-free** granola bars (look for the symbol)

**NOTE: For smaller individual packaged products that do not contain an ingredient list, please include a copy of the ingredients from the original box or package.*



The following lunch/snack items are NOT safe to bring to Zoo Camp.

*NOTE: This list is only a guide. If an item is not on this list it does not mean it is nut free. Always read ingredient listing of pre-packaged foods.

- Schneider's pizza lunchables, peanut butter/Nutella sandwich, Tim Horton's/Subway sandwiches or products
- Quaker granola bars that are **NOT** marked as nut-free, Quaker Dippys, chocolate or peanut butter Rice Krispie Squares, Vachon Snacks (Joe Louis, Flakie, ½ Moon, Twinkies, etc...)
- Homemade baked goods (unless accompanied by an ingredient list).
- Cookies: Mini Oreos, Chips Ahoy (Rainbow and cookie bars), Viva Puffs
- Crackers: Ritz cheese/peanut butter sandwiches, Breton crackers, Bits and Bites, Cheerios snack mix, ...
- Cookies including Master's Choice, Smart Choice, Equality, Voortman, Peek Frean, and No Name **all contain nuts/traces of nuts.**