



## **Nut-free Policy & Alternative Snack Suggestions**

In response to the growing number of severe nut allergies, and for the safety of all children who attend our camps, the Museum adopted this policy in 2010. Please read all ingredients carefully when providing lunch and snacks for camp, and avoid foods that have peanuts, peanut flour, peanut oil, almonds, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios and walnuts.

***Thank you for your consideration and support in keeping children with food allergies safe.***

### **Examples of items that you should avoid sending to camp:**

- Nut butter (e.g. peanut, almond, or cashew butter).
- Boiled, dry roasted, crushed, cold pressed, sauce, paste and flour from peanuts.
- Nutella.
- Artificial nuts, goober peas, monkey nuts, pine nuts, walnuts and mandelonas.
- Candy or chocolate.
- Graham cracker crust.
- Crumb toppings.
- Hydrolyzed plant and vegetable protein.

### **Nut-free snack suggestions:**

- Fresh fruit: grapes, bananas, apples and clementines.
- Cheese: string cheese and cheese cubes.
- Vegetables: baby carrots, cherry tomatoes, broccoli and cauliflower. Small containers of plain yogurt, salad dressing or sour cream may be good dips.
- Raisins and other dried fruits.
- Pudding cups.
- Air-popped popcorn.
- Applesauce.
- Fruit snacks.
- Chips: potato, tortilla, etc.
- Lunch meat & sandwich bread.