



## NORTH CAROLINA Museum of Natural Sciences

In 2010, in response to the growing number of severe nut allergies, and for the safety of all children who attend our camps, the Summer Camp program at the North Carolina Museum of Natural Sciences request guardian not send food containing nuts, including tree nuts. While the Summer Camp program makes an effort to remain nut free, the North Carolina Museum of Natural Sciences campus is not nut free.

If your child has a nut allergy or a different food allergy, please include the information on the medical section of your child's registration form. If you have any questions or need to update your child's registration form, please send an email to [summercamps@naturalsciences.org](mailto:summercamps@naturalsciences.org).

If you send a nut-free alternative such as sun butter, please label the item so we know it does not contain nuts.

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

- Peanuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts, almonds, goober peas, walnuts, mandelonas, and artificial nuts.
- Nutella.
- Nut butter (e.g. peanut, almond, or cashew butter).
- Boiled, dry roasted, crushed, cold pressed, oils, sauce, paste and flour from peanuts.
- Candy or chocolate containing nut products.
- 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 and sandwich bread.

If a nut product is sent to camp, Summer Camp staff will provide an alternative lunch or snack item. If nut products are sent on additional days, the Summer Camp Manager will speak to the guardians, and your camp experience may be cancelled. ***Thank you for your consideration and support in keeping children with food allergies safe.***