

Helpful Tips

All snacks that contain coconut, peanuts, nuts and/or tree nuts and their derivatives are unsafe. In addition to those snacks, any products with labels stating “**may contain traces of peanuts or tree nuts**” or “**processed in a plant that process peanuts or tree nuts**” are considered unsafe.

Read the Product Label EVERYTIME

A product's ingredients list might have been free of a specific allergen the last time you bought it, but manufacturers can change ingredients without warning.

What does “MAY CONTAIN” mean?

These “May Contain” labels are also not considered safe for those with food allergies. These labels are for what's called “unintentional cross-contamination of a food product”. For example, a chocolate bar may not be made with peanuts, but it may have been contaminated with a trace amount of peanut because it was produced on the same manufacturing line as a peanut candy bar.

For General Information about food allergies in schools, please visit the following Health Canada website

Be Food Allergy Aware When Packing School Lunches

www.hc-sc.gc.ca