



St. John's Parish Day School is committed to working with all of our families to provide a healthy environment for our children. We strive to provide a nut-free environment for our children with peanut and tree nut allergies.

Please do not send in the following items for lunch or snacks:

Peanut butter or any other nut butter including Nutella

Crackers with peanut butter filling

Any muesli bar, biscuit or other product that list nuts as an ingredient

Trail mixes with nuts, granola bars with nuts, or dried fruit with nuts

Cereal with nuts (EG: Honey Nut Cheerios)

Nuts in salad

Candy or cookies containing nuts or peanut butter

Loose nuts of any kind (peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, pecans, pistachios, etc.)

Anything cooked in peanut oil that has been cold pressed, expelled or extruded

All nut pastes (for example: Almond paste)

All nut extracts (for example : Almond extract – used in making various cookies)

Food labels that say: “May contain or contain peanut or tree nuts”

Food labels that say: “Made on equipment that also processes peanuts or tree nuts” are **NOT OK** to bring to school.

Food labels that say: “Processed in a facility that also process peanuts or tree nuts” are **NOT OK** to bring to school.