

# Bulletin: Peanut Allergies

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Peanut allergies account for the majority of severe food-related allergic reactions. Thankfully, there are a wide variety of peanut-safe, healthy and tasty products that you can feel good about providing to children in community sports. Remember, fresh vegetables and fruits are peanut-safe and always make a super snack!

Please ensure all snacks brought to the playing field are peanut-safe.

**Peanut-safe means the food has no peanuts or peanut butter, has not come into contact with peanuts, and was not manufactured in a facility that uses peanuts.**

Always read the ingredient list carefully. Some food products will not contain peanuts, but may have come into contact with peanuts during manufacturing. Also, peanut and peanut derivatives can often be present under different names. Other names for peanuts are:

- arachide
- arachis oil
- beer nuts
- cacahouète/cacahouette/cacahuète
- goober nuts, goober peas
- ground nuts
- kernels
- mandelonas, Nu-Nuts™
- nut meats
- valencias



For more information on food allergies, visit Anaphylaxis Canada at [www.anaphylaxis.org](http://www.anaphylaxis.org).

As a team, we want to keep everyone safe. Members of our team have food allergies to:

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Please consider these when bringing snacks to the field.