

## Where can I get more information?

For more information about food allergies:

- Consult an allergist.  
Refer to [Health Canada's Food Allergies](#) web page  
Refer to the [Canadian Food Inspection Agency's Food Allergens](#) web page

Sign up for the [CFIA's "Food Recalls and Allergy Alerts" email](#) or [RSS notification service](#)

- Order free copies of this brochure by calling 1-800-442-2342/TTY 1-800-465-7735 (8:00 a.m. to 8:00 p.m. Eastern time, Monday through Friday).

- Visit these organizations for additional allergy information:

- [Allergy/Asthma Information Association](#)
- <http://www.anaphylaxis.ca/index.html>
- [Association québécoise des allergies alimentaires](#)
- [Canadian Celiac Association](#)
- [Canadian Food Inspection Agency](#)
- [Canadian Society of Allergy and Clinical Immunology](#)
- [Health Canada](#)

*This information was developed by the Canadian Food Inspection Agency (CFIA) and Health Canada, in consultation with Allergy/Asthma Information Association, Anaphylaxis Canada, Association québécoise des allergies alimentaires, Canadian Celiac Association and the Canadian Society of Allergy and Clinical Immunology.*



# SOUTHRIDGE IS A NUT-ALLERGY AWARE SCHOOL

Did you know...

- Approximately one out of every 100 school-aged children is allergic to peanuts and nut products.
- At Southridge Elementary, we have eight students who have nut allergies.
- Approximately 1-2% of Canadians live with the risk of an anaphylactic reaction and 50% of Canadians know someone who is at risk.
- The allergic reaction called anaphylactic shock can be life-threatening, which is why Southridge is promoting a Nut-Aware Zone.

### HELP CHILDREN WITH THESE EASY TIPS

#### DO's

- Always wash your hands
- Watch out for things that could make your allergic friend sick
- Get help from an adult if you are worried about your allergic friend

#### DON'Ts

- Don't bring food that may contain nuts or traces of nut products
- Don't share food with a food allergic friend
- Don't share straws, drinks, or utensils
- Don't tease someone with food allergies

### IS THE CHILD HAVING THE REACTION IN A B.I.N.D.?

- B = breathing is difficult, throat or chest is tight
- I = itchy lips, hives, swelling
- N = nausea, vomiting
- D = dizzy, unsteady, confused

In addition to the general information about food allergies, here are some issues that we all need to know about nut allergies.

**Lifelong peanut allergy:** People tend to develop a peanut allergy in childhood and most of these people will remain allergic to peanuts for life.

**Tree nuts and peanut allergy:** While tree nuts and peanuts are different, in some rare cases people with a peanut allergy also react to one or more tree nuts. Consult your allergist before eating any nut that is not a regular part of your diet.

**Read the labels:** If you're allergic to peanuts, the only way to avoid a reaction is to avoid all food and products that contain peanut and peanut derivatives. Don't eat a food or product if the label has precautionary statements such as "may contain peanuts". Read ingredient lists carefully and learn to identify other names for peanuts, such as goober nuts. Do not consume a food or product if there is no ingredient list or if there is a risk that the product might have been in contact with peanuts. If there is not enough information to make a decision, you can always call to ask the company or speak to a knowledgeable person at a restaurant.

## Sources of peanuts

### Other names for peanuts

- Arachis oil
- Beer nuts
- Goober nuts, and goober peas
- Ground nuts
- Kernels
- Mandelonas, Nu-Nuts
- Nut meats
- Valencias



## Food and products that contain or often contain peanuts

- Ethnic foods, such as satay, Thai (for example, curries), Vietnamese (for example, crushed peanut as a topping, spring rolls) or Chinese (for example, Szechuan sauce, egg rolls)
- Hydrolyzed plant protein and vegetable protein
- Nut substitutes
- Peanut butter
- Peanut oil
- Vegetarian meat substitutes

## Other possible sources of peanuts

- Almond & hazelnut paste, marzipan, nougat
- Baked goods
- Chili
- Cereals
- Desserts
- Dried salad dressings and soup mixes
- Icing, glazes
- Snack foods, for example, trail mixes

## Non-food sources of peanuts

- Ant baits, bird feed, mouse traps and pet food
- Cosmetics and sunscreens
- Craft materials
- Medications and vitamins
- Mushroom growing medium
- stuffing in toys

## Tips for Avoiding Peanuts When Grocery Shopping

- Never assume that a food is free of allergic ingredients.
- When buying pre-packaged, prepared food, read labels carefully every time you shop. Ingredients often change without warning.
- You might find the disclaimer "may contain trace amounts of peanuts or nuts" on some processed food. To be safe, do not use these products.