

Guideline to Identifying Peanut-Free Products

Always Read the Label

Finding peanut-free snacks is a challenge, but carefully reading the product label will tell you what products to avoid. Read the ingredient listing every time you shop.

Manufacturing and packaging practices may change without any warning and a product that was once peanut-free may no longer be.

Steps to take when reading labels:

1. Look for any words on the list that could indicate the presence of peanut:

peanuts	mixed nuts	goober peas	peanut oil
ground nuts	mandelonas	artificial nuts	goober nuts
peanut butter	beer nuts	peanut flour	hydolyzed peanut protein

2. Look for the type of vegetable oil that is used. If the vegetable oil is not identified, avoid the product, as the manufacturer may have used peanut oil.

3. Look for a warning that this product "may contain peanuts or traces of peanuts".

EXAMPLE 1: The product below would be considered Peanut-Free and therefore SAFE to bring to a peanut-free school.



INGREDIENTS

Kellogg's Rice Krispies Squares
cereal [rice,sugar/glucose-fructose,salt, malt flavouring, vitamins (niacinamide, folic acid,) iron,colour], marshmallow (sugar/glucose-fructose, gelatin,simulated flavour), fructose, soya margarine, (contains butter flavour), sugar/glucose-fructose, glycerol, citric acid, acetylated tartaric acid ester of mono and diglycerides, acetylated monoglycerides, BHT.

EXAMPLE 2: The Product below would NOT be considered Peanut-free and therefore NOT safe to bring to a peanut-free school.



INGREDIENTS

Quaker Dips Chocolate Chip –
milk chocolate (sugar, cocoa butter, milk powder, chocolate liquor, soy lecithin, salt, vanillin), granola (crisp rice [rice flour, sugar, malt extract, salt], Quaker rolled oats, brown sugar, coconut oil, rolled whole wheat, modified milk ingredients, hydrogenated vegetable shortening (soybean and /or cottonseed and/or modified palm oil), sorbitol (less than 0.3 g per serving), salt, soy lecithin, natural and artificial flavours, vegetable oil, BHT citric acid, water, traces of peanuts.