

Pleasanton Public Schools
Allergen Free Zone information for Parents &
Alternative food sources ideas:

Parents,

Here is some additional information regarding our Allergen Free Zones at Pleasanton Public Schools, I understand this will be a learning curve for all of us. I myself have a peanut butter lover at home. Please read the information carefully. There are a lot of alternative ways to provide protein for your child, additionally some allergen free butter's. Thank you for your support in providing a safe environment for all students in our school!

Kami Loeffelholz, RN

1. Which nuts cannot be brought to school? Peanuts and tree nuts should not be brought to school. The following nuts are tree nuts and should not be brought to school: walnuts, almonds, pecans, hazelnuts, cashews, pistachios, Brazil nuts, pine nuts, macadamia nuts. Pleasanton schools include coconut as well.

2. Can seeds (like sunflower seeds) be brought to school? Yes. All seeds such as sunflower seeds, sesame seeds or pepitos can be brought to school. The only items that cannot be brought to school are peanuts and tree nuts (walnuts, almonds, pecans, hazelnuts, cashews, pistachios, Brazil nuts, pine nuts, macadamia nuts and coconut).

3. My child usually eats a peanut butter sandwich for lunch. I'm looking for a good peanut butter substitute to use instead. Which ones can I bring to school and which should stay at home? Peanut butter substitutes not made of nuts including Biscoff spread (made of biscoff cookies), I.M. Healthy SoyNut Butter (made of soybeans), and Sunbutter (made of sunflower seeds) can safely be brought to school. They can be found in the peanut butter section of virtually any grocery store including Albertsons, Kroger, Tom Thumb, Target, Central Market, HEB, Newflower and Whole Foods. When combined with jelly, most kids can't tell it's not peanut butter. All tree-nut-butter spreads are made of nuts and should stay at home. These include cashew butter, almond butter and Nutella.

4. I have a food with a label that says, "manufactured in a facility" with nuts or "processed on shared equipment" with nuts. Can I bring that to school? Yes. Only items that actually contain nuts or have the label "may contain" nuts should be left at home. To be clear, allergic children cannot actually eat items with the "manufactured in a facility" with nuts or "processed on shared equipment" with nuts labels, but these foods can safely be consumed by other children nearby.

5. I will try my best to comply with the nut-sensitive policy, but I'm worried I might accidentally send something containing nuts. What are some food items that might contain hidden nuts I should be aware of? Snack and lunch foods that typically contain peanuts or tree nuts are protein or energy bars, granola bars, chocolate candy, some cookies, a few breads (like Orrowheat Health Nut Bread), and, of course, nut-butter sandwiches (like peanut butter sandwiches).

6. My child usually brings a protein or granola bar to school for a snack. Are there nut-free protein and granola bars that are safe to send instead? Yes. Most granola and protein bars do contain or “may contain” nuts and those should be left at home. However, two companies, Enjoy Life Foods (enjoylifefoods.com) and Vermont Nut Free Chocolates (Vermontnutfree.com) make nut-free granola and protein bars. Enjoy Life bars can be purchased at area grocery stores such as Kroger, Whole Foods, and Target. Vermont Nut Free protein and granola bars can be ordered online at vermontnutfree.com.

8. What are some snack foods that don't contain peanuts and tree nuts? There are many snack foods that do not contain peanuts or tree nuts. Some examples are pretzels, Nutri-Grain cereal bars, yogurt, graham crackers, fruit, cheese, carrot or celery sticks and ranch dressing, Goldfish, Teddy Grahams, Pirates Booty, Popcorn, bagels, Nilla Wafers, animal crackers, tortilla chips, potato chips, Fritos, Sun Chips, Cheetos, plain Ritz crackers, Cheese Its, hummus, Carr's Water Crackers, Wheat Thins, Triscuits, Oreo cookies, and Chips Ahoy.

7. What are some kid lunch foods that don't contain peanuts or tree nuts? Cold cuts, tuna, hot dog, hamburger, chicken nuggets, quesadilla, soup, pizza, hummus, pimento cheese, yogurt, cheese, fruit, pasta, tortilla wraps are all examples of kid lunch foods that don't contain peanuts or tree nuts. In addition, sunflower seed butter, Soy Nut butter and most Lunchables also provide easy lunch options.

8. One reason I like to send peanut butter to school is that it contains protein. I'm concerned that without the peanut butter my child won't get enough protein. What are some alternative protein sources I can send instead? It's quite easy for children to get protein daily, especially if they eat animal foods. Meat and meat-products have all nine essential amino acids, which makes them complete proteins. Fish, lean meat, skinless poultry and low-fat dairy are excellent sources for your child. Plant-based foods such as whole grains and vegetables also contain protein, but the only complete plant protein is soy. According to the CDC, children ages 4-8 need only 19 grams of protein daily, while children ages 9-13 need 34 grams of protein daily. These requirements can easily be met. For example, one 3oz piece of meat (about half a serving) contains 21 grams of protein. One cup of milk has 8 grams of protein, one cup of dried beans has about 16 grams of protein, and an 8oz container of yogurt contains about 11 grams of protein. If you are concerned that your child is not eating enough protein, nut-free peanut butter substitutes such as I.M. Healthy SoyNut Butter and Sunbutter (made of sunflower seeds) both provide protein. Additional protein sources you can send to school are milk, cheese, yogurt, cottage cheese, hard-boiled eggs, chicken, turkey, ham, hot dogs, turkey or chicken hot dogs, hummus, pork, chicken nuggets, chickpeas, beans, peas, chicken salad, fish sticks, hamburgers, tofu, soy milk, hemp milk, and protein powder made of milk. If you are a vegan, some protein alternatives are hemp protein, chia seeds, peas, edamame, rice protein, spirulina, kidney beans, and all varieties of beans. Alternatively, your child could buy the school lunch. The school lunch provides a healthy protein at each meal it serves.