



STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
HICKAM ELEMENTARY SCHOOL  
MANZELMAN CIRCLE, HAFB  
HONOLULU, HAWAII 96818-4799

November 15, 2017

Dear Parent(s) and Guardian(s),

Our school is a "Nut Free Zone". This is to protect our students who suffer from a severe nut allergy and any future pupils who may also have an allergy to nuts.

If nut allergy sufferers come into contact with a nut product they can suffer life threatening consequences. A person with a nut allergy does not have to eat nuts themselves to react. It sometimes only needs to be a touch from someone who has eaten them to cause a potentially serious reaction. Therefore, it is so important that we maintain a nut free school.

This means that the following items cannot be bought into school:

- Packets of nuts/any nuts
- Peanut butter sandwiches
- Fruit and cereal bars that contain nuts
- Chocolate bars or sweets that contain nuts
- Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)
- Cakes made with nuts
- Nutella or Nutella bars
- Biscuits (Check all biscuit labels and if you are not sure please leave it out)
- Any products that have written on them "**May contain traces of nuts**"

Please help us in providing a nut free school and in being vigilant when bringing any foods into the school, such as snacks, packed lunches and birthday goodies. If you have any queries please contact Chealse Pedro our School Health Assistant.

We have attached to this letter a list of nuts and nut products that are concerns, along with a list of alternatives.

We look forward to working together with you to have a wonderful 2017-2018 School Year. If you have any questions regarding our nut-free campus, please call us at 808 421-4150.

Respectfully,

Alisa Bender, Principal

Chealse Pedro, School Health Assistant

## ALTERNATE SNACKS AND SPREADS

### **PEANUT BUTTER ALTERNATIVES/SPREADS:**

- Don't Go Nuts Soy Butter – Chocolate, Cinnamon Sugar, Lightly Sea Salted, Pure Unsalted, Slightly Sweet
  - Gerbs Sea Salted Butters – Pumpkin, Sunflower
  - I.M. Healthy SoyNut Butter – Chocolate, Honey Creamy, Honey Chunky, Original Creamy, Original Chunky, Unsweetened Creamy, Unsweetened Chunky
  - SunButter Sunflower Seed Spread – Creamy, Natural Creamy, Natural Crunch, Natural No-Stir, Natural No-Stir On the Go, Natural Omega-3, Organic Unsweetened
  - Wowbutter – Peanut Butter Taste Creamy, Crunchy
- Muffin Town SunWise SunButter and Grape Jelly Sandwich [EGG processed in facility]

### **FRESH FRUITS AND VEGETABLES**

#### **CHEESE SNACKS**

#### **POTATO CHIPS**

- Baked Ruffles – Original, Cheddar & Sour Cream
- Baked Lay's – Original, Sour Cream & Onion, Parmesan and Tuscan Herb
- Boardwalk – Salt & Vinegar, Jalapeno
- Cape Cod – Original, Sour Cream & Green Onion
- Kettle Brand – Sea Salt, Sea Salt & Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream and Onion, Jalapeno
- Kettle Brand Bakes – Sea Salt, Aged White Cheddar, Hickory Honey Barbeque, Sea Salt & Vinegar
- Lay's – Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Salt & Vinegar, Garden Tomato & Basil, Honey Mustard, Honey Barbecue
- Lay's Kettle Cooked – Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper
- Munchos
- Pringles – Original, Reduced Fat, BBQ
- Pringles Snack Packs – Original, 100 Calorie Snack Packs Original
- Ruffles – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream, Loaded Chili & Cheese,

#### **CORN/TORTILLA CHIPS**

- Stacy's Pita Chips – Simply Naked, Cinnamon Sugar, Parmesan Garlic & Herb
- Sun Chips – Original, Harvest Cheddar, French Onion, Garden Salsa, Jalapeno Jack
- Tostitos – Restaurant Style, Scoops, Crispy Rounds, Multigrain, Multigrain Scoops, Bite Size, Hint of Jalapeno, Hint
- Tostitos Artisan Recipes – Roasted Garlic & Black Bean, Fire-Roasted Chipotle

#### **VEGETABLE CHIPS/SNACKS**

#### **FRUIT SNACKS/DRIED FRUIT**

#### **CRACKERS**

#### **GRAHAM CRACKERS/COOKIES**

[For more information or ideas please go to: www.snacksafely.com](http://www.snacksafely.com)

# Peanut Allergy

## Red Flags: (Contains Peanuts)

|                           |   |
|---------------------------|---|
| Arachic Oil               | Peanuts (boiled, crushed, pieces, etc.) |
| Arachis                   | Peanut Butter                           |
| Arashic Hypogaea          | Peanut Butter Chips/Morsels             |
| Artificail Nuts           | Peanut Flour                            |
| Beer Nuts                 | Peanut Oi                               |
| Boiled Peanuts            | Peanut Paste                            |
| Earth Nuts                | Peanut Sauce/Syrup                      |
| Goobers                   | Powdered Peanut Butter                  |
| Boober Peas               | Spanish Peanuts                         |
| Grass Nurs                | Virgina Peanuts                         |
| Hydrolyzed Peanut Protein |   |
| Mandelonas                |   |
| Monkey Nuts               |   |
| Nu Nuts!                  |   |



**What to Avoid..**

## Yellow Flags: (May Contain Peanuts)

|                      |  |
|----------------------|--|
| Baked Goods          | Hydrolyzed Plant/Vegetable Protein                         |
| Candies              | Lupine   |
| Cereal/Granola       | Marzipan   |
| Chili                | Mixed/Cocktail Nuts  |
| Chocolates           | Nougat   |
| Cumb Coating/Topping | Nut Meats (vegetarian meats)                               |
| Egg Rolls            | Sauces/Glazes/Marinades<br>(enchilada, curries, mole, etc) |

# Tree Nut Allergy

## Red Flags: (Contains Tree Nut)

|                 |  |
|-----------------|--|
| Almonds         | Macadamia Nuts                               |
| Beechnuts       | Marzipan                                     |
| Black Walnuts   | Nangai Nuts                                  |
| Brazil Nuts     | Nut Butter                                   |
| Bush Nuts       | Nut Extracts/Flavorings (Artificial/Natural) |
| Buttermuts      | Nut Flours/Meals                             |
| Cashews         | Nutella                                      |
| Chestnuts       | Nut Milks                                    |
| Chinquapin Nuts | Nut Oils                                     |
| Coconut*        | Nut Pastes                                   |
| Filberts        | Pecans                                       |
| Gianduja        | Pine Nuts                                    |
| Ginkgo Nuts     | Pralines                                     |
| Hazelnuts       | Shea Nuts                                    |
| Hickory Nuts    | Walnuts                                      |
| Lychee Nuts     | White Walnuts                                |



**What to Avoid..**

## Yellow Flags: (May Contain Tree Nuts)

|              |                              |
|--------------|------------------------------|
| Baked Goods  | Hydrolyzed Plant Protein     |
| Candies      | Hydrolyzed Vegetable Protein |
| Cereals      | Mortadella                   |
| Chocolates   | Nougat                       |
| Protein Bars | Pesto                        |

For more information can be found: [www.cdc.gov](http://www.cdc.gov) or [www.fda.gov](http://www.fda.gov)