



Help Us Be Nut Aware at Stanton

We have several children in school with severe nut allergies. Even tiny amounts can cause a serious allergic reaction.

As a school, we are **nut aware rather than nut free**. Whilst we cannot guarantee that nuts are never brought onto site, we ask all families to support us by avoiding foods that contain nuts wherever possible.

Foods We Ask Parents Not to Send

- Peanuts
- Mixed nuts
- Peanut butter sandwiches
- Chocolate spreads containing hazelnuts
- Nut butters (almond, cashew, etc.)

Foods That May Contain Nuts

Please check labels carefully on:

- Cereal and protein bars
- Granola and muesli bars
- Nut-coated chocolate bars
- Cakes, muffins and brownies
- Cookies and biscuits containing nuts
- Marzipan (made from almonds)
- Some pesto (may contain pine nuts)
- Certain Asian snacks and sauces containing peanuts
- Some vegan and dairy-free products made from nuts

If you're unsure, please check the ingredients list for:

Peanuts, hazelnuts, almonds, walnuts, cashews, pistachios, pecans, Brazil nuts, macadamia nuts or nut pastes.

Products labelled "**may contain nuts**" are not automatically prohibited, but we encourage families to choose alternatives where possible.

Thank you for your support and understanding. By making thoughtful choices when preparing lunchboxes and snacks, you help us reduce risk and ensure that every child can enjoy school safely.

Motivate. Educate. Nurture.