

Eating Peanut & Tree Nut-Free at UMass



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Please ask the cashier to call the manager so they can assist immediately.

Items from the Kitchen

If you see an item without peanuts/tree nuts is near a menu item with nuts, ask the staff to get a portion from the kitchen to avoid cross-contact.

Airborne Allergy

Please be sure to inform the UMass Dining dietitians/management staff if you have an airborne allergy. Occasionally, we have specials with nuts. These specials will only be available in one or two of the dining commons, never all four at the same time.

Fresh Ground Peanut Butter

Peanut grinders are behind the service line at Franklin (near the waffle makers).

Please note that cooking does not destroy allergens.

Pesto Sauce

All pesto sauces are nut free!

Desserts

Some bakery desserts contain nuts. You can find out the type of nut on the menu identifiers, website, or app by viewing the ingredient list. UMass Dining is also doing its best to indicate the type of nut on the name of the menu item.

Note: Some of the bakeshop items are manufactured on the same line as peanuts and tree nuts. If the peanut and/or tree nut is not an ingredient in the recipe, it will not have a peanut and/or tree nut allergen as the equipment has been cleaned and sanitized between product production.

Ice Cream

- Hard Ice Cream: Avoid the hard ice creams at the dining commons or gelato from Yum Bakery because the scoops are used for all flavors. If you want hard ice cream or gelato, ask the manager to get a new container from the kitchen.
- Soft Serve Ice Cream: All four dining commons serve soft ice cream free from peanuts and tree nuts.

Please note that cooking does not destroy allergens.

Ice Cream Toppings

The staff tries to separate nut-free toppings from nut toppings whenever possible, but cross contact can still be an issue.

If you would like nut-free toppings, please ask the staff. They will provide you with the item from an unopened container to ensure that no cross contact occurs.

Salad Bar

Please do not hesitate to ask for items from the kitchen if you fear cross contact of items where nuts are present.

Cream Cheese & Jelly

Cream cheese, jelly, and butter may be in the same area as peanut butter/nuts and there is a possibility of cross contact. UMass Dining has pre-packaged jelly and cream cheese, so ask the manager for those items.

Seasons in Worcester DC

The Seasons and Aqua y Terra stations in Worcester dining hall are completely nut free!

Asian Street Food

Be aware that peanuts and/or tree nuts may be in many dishes at these stations.

Please note that cooking does not destroy allergens.

Peanut Hidden Ingredients

- Peanuts are not a nut, but rather a legume
- Peanut proteins are often found in unexpected food sources, including Asian foods, candy, chili, soups, baked goods, marzipan, and other sweets.
- Some individuals may also develop a reaction simply by inhaling the aroma of peanuts.
- Watch out for the following when reading ingredient lists and labels on food packages. Keep in mind that this is not a complete list...

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| • Arachis Oil | • Nut Butters* | • Peanut Flour |
| • Ground Nuts/Peanuts | • Nut Extracts* | • Peanut Oil |
| • Imitation Walnuts/Peanuts | • Nut Flavorings* | • Ground Nut Oil |
| • Mixed Nuts* | • Peanut Extract | • Peanut Syrup |
| • Mixed Nut Butters | • Peanut Flavoring* | • Satay Sauce* |

*May Contain Peanuts

Tree Nuts Hidden Ingredients

- Tree nuts are classified as nuts that grow on trees. These include nuts such as walnuts, almonds, cashews, macadamia nuts, and pistachios.
- Coconut is not a tree nut – it is a seed.
- Tree nuts are used in many foods, including sauces, cereals, breads, salad dressing and ice cream.
- Avoid natural extracts, such as pure almond extract, because they may also trigger allergic reactions.
- Watch out for the following if you have a tree nut allergy. Keep in mind that this is not a complete list:

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| • Almonds | • Chinquapan Nut | • Macadamia Nuts | • Nut Meal |
| • Artificial Nuts | • Filberts/Hazelnuts | • Marzipan | • Nut Butter/
Pastes |
| • Brazil Nuts | • Gianduja | • Nangai Nut | • Nut Milk |
| • Cashews | • Ginko Nut | • Nougat | • Nutella |
| • Chestnuts | • Hickory Nuts | • Nu-Nuts | |