

# Eating Peanut & Tree Nut-Free at UMass



## Questions or concerns

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

## Items from the Kitchen

If you see an item you want without peanuts/tree nuts at a station but worry about cross contact, ask the staff to get a portion from the kitchen for you.

## Airborne Allergy

Please be sure to inform the UMass Dining Dietitians/Management Staff of the dining commons 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 and Hampshire.

**Please note that cooking does not destroy allergens.**

## Pesto Sauce

All pesto sauces are nut free!

## Desserts

Some bakery desserts do 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 menu name on the line sign by the food.

- 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 contain 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 because the scoops are used for all ice creams. If you want hard ice cream, ask the management staff to get a new container from the kitchen.
- Soft Serve Ice Cream/Frozen Dessert: All Dining Commons serve peanut and tree nut free soft ice cream/frozen dessert. Oatly ice cream is available at Worcester and Berkshire.

## 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 sprinkles, Oreo cookie crumbs, Hershey's chocolate chips, or other nut-free toppings, please ask the staff. They will provide you with the item from an unopened container to ensure no cross contact.

## 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 and 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 do not hesitate to ask the cashier to call management for either item.

## Seasons

The Seasons station located in Worcester Dining Hall is completely nut free.

## Asian Street Food

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

## Peanut Allergies

- 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...

- Arachis Oil
- Ground Nuts, Ground Peanuts
- Imitation Walnuts or Peanuts
- Mixed Nuts\*
- Mixed Nut Butters
- Nut Butters\*
- Nut Extracts\*
- Nut Flavorings\*
- Peanut Extract
- Peanut Flavoring\*
- Peanut Flour
- Peanut Oil
- Ground Nut Oil
- Peanut Syrup
- Satay Sauce\*

\*May Contain Peanuts

## Tree Nut Allergies

- Tree nuts are classified as nuts that grow on trees. These include nuts such as walnuts, almonds, cashews, macadamia nuts, and pistachios.
- 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:

- Almonds
- Artificial Nuts
- Beechnut
- Brazil Nuts
- Cashews
- Chestnuts
- Chiquapan Nut
- Filberts/Hazelnuts
- Gianduja
- Ginko Nut
- Hickory Nuts
- Lychee Nut
- Macadamia Nuts
- Marzipan
- Nangai Nut
- Nougat
- Nu-Nuts
- Nut Meal
- Nut Butter/ Pastes
- Nut Milk
- Shea Nut
- Nutella

**Please note that cooking does not destroy allergens.**