

## **Troop 75 Important Food Allergy Information**

We have scouts in our troop with food allergies. It is crucial that you read the entire ingredient label before purchasing food. No food should contain any nuts (peanuts or 'tree nuts': walnuts, almonds, pine nuts, pistachios, etc) or shellfish (shrimp, lobster, crab, scallops). In addition, do not purchase food that is labeled as being "processed in a factory that processes nuts" or "made on equipment that also makes products using nuts". No food products should be cooked in peanut oil or contain peanut flour. In addition, most chocolate is made in factories that also process nuts. This may even apply to some fruit snacks. If you have any questions please call John Boyle at 630-291-9623.