

Nuts and pick and mix

From the sweeties.net wiki

Peanuts and tree nuts are two of the 14 allergens that must always be declared. For pick and mix, the question is not only which sweets contain nuts, but whether nuts can reach the sweets that do not.

Peanuts and tree nuts

Anaphylaxis UK explains that the peanut is a legume, in the same plant family as peas, beans and lentils, while tree nuts belong to different plant families. UK allergen law names the tree nuts as almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and macadamias. Some foods with nut in the name, such as pine nuts, coconut, nutmeg and chestnut, are not tree nuts.

Sweets that contain nuts

- **Marzipan and praline**, made with almonds or hazelnuts: see [marzipan](#)
- **Nougat**, which can contain nuts, and in chocolate bars is frequently combined with peanuts.
- **Chocolate coated peanuts** and nut brittles.
- **Some Turkish delight, fudge and rocky road**, depending on the recipe: see [which sweets contain nuts?](#)

The loose sweet problem

Anaphylaxis UK warns that one type of nut can come into contact with others during food production, which is why cross contamination matters. With pick and mix, there are extra chances along the way: nut sweets may sit in the same display as other sweets, and scoops can move between tubs.

The Food Standards Agency's guidance for food businesses says:

- a business selling loose food must give allergen information for every item that contains any of the 14 allergens, in writing or verbally with a visible notice
- utensils should be cleaned before each use, and allergenic ingredients kept separate
- if cross contamination cannot be avoided, the business should tell customers it cannot provide an allergen free product

Before you buy

- Check the allergen information for every sweet you choose, not just the obvious ones.
- Ask whether nut sweets share the display, and how scoops are kept separate.

- Take may contain nuts seriously: see [what does may contain mean on sweets?](#)
- If you or your child has a nut allergy, follow the advice of your GP or allergy specialist about loose sweets: see [pick and mix and allergies](#)

Buying online, allergen information must be available before you buy and again on delivery. Every sweet card in our pick and mix opens up to show its ingredients and allergens.

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100 pts = 1 tree

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