

Please join a little girl named Penny and her pony named Peanuts to see what it's like to live with peanut and tree nut allergies. The story is told through the eyes of her pony, Peanuts.

My Name May Be Peanuts, but I Say Nay to PB&J

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Hi! My name is Peanuts and I have a friend named Penny. She is allergic to peanuts and tree nuts.



She has a severe peanut and tree nut allergy. Because I am her friend, I try to be respectful of her allergy and do not eat peanut butter and jelly sandwiches when I know she is coming to visit me. She could have a reaction and get itchy.

I am also careful to not to offer her anything that might contain peanuts. And most important, I would never, ever joke about a food having peanuts in it that she is about to eat.



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