



Peanut and Nut Allergy Travel Tips



Airline Policies – Accurate as of 22nd April 2022

Airline	Nut Policy	Link to Website
UK and Ireland Airlines		
Aer Lingus	<p>While we don't serve peanuts or derivatives as part of snacks or meals, there may be trace elements of unspecified peanut ingredients (including peanut oils) in meals and snacks.</p> <p>Regrettably, we cannot offer a special meal that is nut/peanut-free.</p> <p>We also can't prevent other passengers from bringing nut-based products on board and consuming them during the course of a flight and therefore strongly encourage customers with allergies to take all necessary medical precautions.</p> <p>If you suffer from a peanut allergy, please make our cabin crew aware of this whilst you're boarding.</p>	Link
British Airways	<p>Our in-flight meals do not contain peanuts or peanut products.</p> <p>However, they may be produced at a facility that handles peanuts. We are unable to offer a peanut-free special meal.</p> <p>We do not provide a special meal option for customers with tree nut or sesame allergies.</p> <p>We cannot guarantee an allergen-free environment while travelling with us.</p> <p>Upon request, Cabin Crew will make an announcement so that other passengers are aware of your allergy.</p> <p>Cabin Crew will also suspend the serving of loose nut snacks in your cabin of travel.</p>	Link Link
Easyjet	<p>We'll do all we can to help, but we cannot guarantee a nut or allergen-free environment on board our aircraft.</p> <p>If you or somebody travelling with you suffers from a nut allergy, it is important that you let us know before your flight. You can do this during the booking process online by requesting Special Assistance and then selecting the "I have a nut allergy" statement.</p> <p>This information will be added to your booking and Ground Crew and Cabin Crew will be aware of your nut allergy.</p> <p>On the day of travel, you must also tell the cabin manager when boarding the flight. Our cabin crew will make an announcement to ask other customers not to eat any nut products for the duration of the flight.</p> <p>We will also stop the sale of any products containing nut traces on board.</p>	Link
Flybe	NO POLICY ON WEBSITE	
Jet 2	<p>Jet2.com no longer serve nut-based products onboard, but we can't guarantee that other customers won't bring their own nut products.</p>	Link

	<p>However, if Cabin Crew are made aware of a nut allergy sufferer, they will announce to passengers at the beginning of the flight that there's someone on the plane with a nut allergy.</p> <p>They will also tell customers not to eat any nut-based food during the flight.</p> <p>If you have a nut allergy, please inform us beforehand so the Cabin Crew can make this announcement, and let the crew onboard know that you have a nut allergy.</p>	
Ryan Air	<p>Customers with nut allergies are asked to inform cabin crew when boarding the flight and a public address is then made informing other customers and advising that no products containing nuts will be sold onboard.</p> <p>While other customers are asked not to open peanut products on board, Ryanair cannot guarantee a peanut-free aircraft.</p>	Link
TUI	<p>Please call our Special Assistance Team on 0203 451 2688 who'll make sure no nuts are sold on your flight. They'll also ask cabin crew to make an announcement to all passengers, asking them not to eat nuts.</p> <p>Calls from UK landlines cost the standard rate, but calls from mobiles may be higher. Check with your network provider.</p> <p>Please bear in mind, however, that TUI cannot guarantee a nut-free environment. We also recommend you speak to the cabin crew when you board.</p>	Link
Virgin	<p>If you have any kind of allergy, simply follow these guidelines for a safe and comfortable flight:</p> <ul style="list-style-type: none"> - If you have an allergy that could result in an anaphylactic reaction you should carry your medication, such as antihistamines or an Epi-Pen, in your hand luggage. Check our information on bringing medication onboard. - If you've had an allergic reaction in the last 30 days, please contact our Special Assistance team. If you need a specific meal, take a look at our dietary requirements information and make sure you let us know at least 24 hours before your flight. - Just in case we can't meet your dietary requirements, we recommend you bring your own snacks onboard. 	Link
European Airlines		
Air France	NO POLICY ON WEBSITE	
Lufthansa	<p>In general Lufthansa does not serve peanuts on its flights. However, we cannot guarantee that our aircraft and the food served on board are completely free of peanuts or peanut products or that passengers do not bring products containing peanuts on board with them. The same also applies to other foodstuffs that may cause an allergic reaction.</p> <p>In the event of a food intolerance or a severe allergic reaction on board, our medically trained personnel have access at all times to medicines for emergency medical care.</p>	Link
KLM	<p>Although we have processes in place to minimise the risk, we cannot guarantee that your meal is 100% gluten-free or lactose-free.</p> <p>We recommend taking your allergy medicine with you in your hand baggage. You may also bring your own meal, but we cannot heat it for you because of safety rules.</p>	Link

	Our meals do not contain any whole or ground peanuts or peanut paste. Still, we cannot guarantee that KLM flights are 100% free of peanut contamination. Unfortunately, when serving a mixed-nut snack, we don't have an alternative to offer you.	
Vueling	<p>The Carrier does not guarantee an allergen-free environment on the plane. Our in-flight menu offers food that contains nuts, peanuts or other potentially allergenic products; furthermore, we are not able to control whether food or other products or components carried on board by passengers may cause allergic reactions or not.</p> <p>It is essential for all passengers with allergies to carry an epinephrine injection in case of an attack, together with a medical note certifying the need to carry it.</p> <p>Passengers must tell the cabin crew about their allergy as soon as they board the plane. The Carrier cannot accept liability if a passenger does not carry the injection.</p>	Link
Middle East Airlines		
Emirates	<p>We can't guarantee our meals are nut free.</p> <p>We serve nuts on all our flights, either as a meal ingredient or as an accompaniment to drinks. Other passengers may also bring food on board that contains nuts, and traces of nut residue could be passed on to other surfaces of the aircraft as well as through the air conditioning system. If you have a nut allergy, we recommend discussing your travel plans with your doctor before you fly.</p>	Link
Etihad	<p>We do not accept responsibility for any allergic reaction on board our flights.</p> <p>If you have a severe allergy or have any other specific dietary requirements, we recommend that you bring your own food on board with you, keeping in mind the current liquid restrictions.</p> <p>We do not guarantee a peanut-free environment on board. Nuts may be served on all of our aircraft or used as an ingredient in any of our menus. Other passengers may also bring items on board that contain nuts.</p> <p>It is possible that traces of peanuts or their derivatives could be in the cabin environment or the aircraft air conditioning. An allergic reaction to peanuts or any derivative can be serious.</p>	Link
Qatar	<p>Must provide a completed medical information form (MEDIF) at the time of reservation or at least 48 hours prior to the scheduled departure time to allow adequate time for the form to be approved by Qatar Airways.</p> <p>Are responsible for carrying any necessary medication with them onboard</p> <p>May be required to sign a waiver of liability</p> <p>May bring their own meals onboard the aircraft in case they need to be certain of an allergen-free meal</p> <p>Because of the risk for contamination and limited aircraft facilities, Qatar Airways is unable to refrigerate or heat such meals</p> <p>Meals should be free of strong odor/smell to avoid inconvenience to other customers</p>	Link

	Quarantine regulations for some countries require that any food brought onboard by a customer must be consumed or left onboard.	
Asian Airlines		
Cathay	<p>We recommend passengers with peanut and nut allergies to submit the Physician's Statement: Peanut and Tree nut allergies form</p> <p>Passengers with documented allergies who wish to be extra cautious may request priority boarding in order to wipe down their seating area, using their own cleaning materials.</p> <p>Our aircraft and airport lounges are not guaranteed peanut or tree nut-free environments. We also cannot prevent passengers from bringing their own peanut and tree nut products on board.</p> <p>Meals Passengers who require peanut and tree nut-free meals are recommended to bring their own food items that do not require chilling or reheating inflight. Meals served to other passengers in the same cabin may contain peanuts and tree nut products. Unfortunately, Cathay Pacific Airways cannot provide peanut and tree nut-free meals. Please speak to our cabin crew to learn more about the ingredients in the meals served inflight.</p> <p>Snacks We serve peanuts and other tree nut snacks in our snack baskets, which passengers in all classes are free to take during the flight. Passengers with a peanut and tree nut allergy can request that non-peanut or tree nut containing cocktail snacks be served in their class of service on a Cathay Pacific flight by submitting the Physician's Statement: Peanut and Tree nut allergies form, Link opens in a new window operated by external parties and may not conform to the same accessibility policies as Cathay Pacific . These replacement snacks are subject to availability.</p>	Link
Singapore	<p>A nut-free special meal does not contain peanuts and tree nuts (including almonds, Brazil nuts, cashew nuts, hazelnuts, pistachios, walnuts, pecans and macadamias), and their derivatives.</p> <p>Non-strict nut-free meals (NFMLA) require advance preparation time. We'll make every reasonable effort to accommodate your request for a NFMLA. To ensure that we have sufficient time to cater this meal for you, please request for it at least 48 hours prior to your flight.</p> <p>Since April 2018, Singapore Airlines has stopped serving peanuts as snacks.</p> <p>However, we do serve other nuts such as cashews and almonds across all cabin classes.</p> <p>We take every precaution to identify allergens on all meals supplied by third-party catering partners. However, SIA is unable to provide a nut-free cabin or guarantee an allergy-free environment on board. There may be trace elements of nuts or their derivatives in meals and snacks. We also have no control over passengers consuming their own snacks or meals on board, which may contain nuts or their derivatives.</p> <p>We request that you take every necessary precaution, bearing in mind the risk of exposure. If you have any concerns about your fitness to travel, we encourage you to share this information and discuss your travel plans with your doctor.</p>	Link
USA and Canada Airlines		

Air Canada	<p>We do our best to accommodate customers with severe allergies, however, despite our best efforts, we cannot guarantee an allergen-free environment in the aircraft cabin.</p> <p>We cannot be responsible for customers who may bring peanuts on board.</p> <p>However, we will ensure that a buffer zone is set up as a form of accommodation to customers with severe allergies to help minimize the risk of exposure.</p> <p>Note the following buffer zone seating general conditions: We do not create full aircraft buffer zones or make general announcements. However, customers seated within the buffer zone will be briefed on board by the flight attendant prior to departure and advised to refrain from consuming any products containing the allergen.</p> <p>The size of the buffer zone varies depending on the aircraft type, size, and configuration.</p> <p>You may request to board in advance of other customers to clean your seat of any potential allergens. For this, you are advised to arrive at the gate at least 30 minutes prior to the check-in and boarding time. Otherwise, we may request that you board after the other customers.</p> <p>We do not allow children (8-11 years) who have severe allergies to travel as unaccompanied minors. Children (12-18 years) are required to travel with a support person if suffering from severe allergies unless they are capable of self-administering their medication.</p> <p>We have phased out peanuts from all packaged bar snacks on board our aircraft in all classes of service.</p> <p>We have also replaced our other packaged snack products with non-peanut alternatives wherever possible, all of which feature a label listing their ingredients for your reference. Note that we do not assume liability pertaining to the information included on the ingredients label.</p>	Link
American Airlines	<p>Although we don't serve peanuts, we do serve other nut products (such as warmed nuts) and there may be trace elements of unspecified nut ingredient, including peanut oils, in meals and snacks. Additionally, other customers can bring peanuts or other tree nuts on board.</p> <p>We can't accommodate requests to not serve certain foods or to provide nut "buffer zones." Our planes are cleaned regularly, but can't guarantee the removal of nut allergens on surfaces or in the air filters. Because of this, we can't guarantee you won't be exposed to peanuts or other tree nuts during flight, and we strongly encourage those with allergies to take all necessary medical precautions before flying.</p>	Link
Delta	<p>When you notify us that you have a peanut allergy, we'll refrain from serving peanuts and peanut products onboard your flight. Instead, we'll offer non-peanut snack items to everyone.</p> <p>If you would like additional time during the boarding process to clean your seat area, please let the gate agent know that you would like to pre-board.</p> <p>You're welcome to board early and clean your seat area in case of traces of allergens but you must bring your own cleaning materials.</p>	Link

	<p>We also recommend that if you have a significant allergic reaction, you bring appropriate medications on board (e.g. EpiPen®).</p> <p>Though we always aim to work with you to make your flight safe and comfortable, we cannot guarantee a peanut- or nut-free flight or prohibit other customers from carrying nut products aboard.</p>	
Jet Blue	<p>Peanuts JetBlue does not serve peanuts; however, there is a possibility that some food items served come from facilities that also manufacture products that may contain peanuts, peanut material or peanut products.</p> <p>Tree Nuts Tree nuts such as almonds, cashews, pistachios, walnuts, etc. may be served on JetBlue flights. See the full list of our onboard snacks and beverages.</p> <p>Buffer Zone We cannot prevent other customers from bringing their own peanuts or peanut products on board and consuming these items during the flight. We ask that you inform an inflight crewmember of your nut allergy when you board. Upon request, an inflight crewmember will create a buffer zone one row in front and one row behind the person who has the allergy. The inflight crewmember will ask customers seated in the buffer zone to refrain from consuming any nut containing products they have brought on board. In addition, we will not serve any nut containing products to these rows.</p>	Link
Southwest	<p>Southwest does not serve peanuts onboard our flights. Instead, depending on the length of the flight, we offer pretzels and a few other complimentary snacks.</p> <p>It's important to note that many of the snacks we serve may be packaged in the same facility as peanuts. Therefore, we cannot guarantee that they don't contain peanut particles or oil. Additionally, we recognize that Southwest cannot prevent other Customers from bringing peanuts or products containing peanuts onboard our flights. Southwest cannot give assurances that remnants of peanuts and/or peanut dust/oil will not remain on the aircraft floor, seats, or tray tables</p> <p>Customers with food allergies and intolerances are encouraged to read the labels of all snacks before consuming. Southwest is unable to provide snacks that will accommodate every individual Customer's preferences and dietary needs. Customers may wish to bring their own snacks with them.</p>	Link
United	<p>United is committed to the safety of its customers, including customers with major food allergies. United does not serve pre-packaged peanuts on our flights. However, we prepare and serve meals and snacks utilizing a variety of other ingredients including major food allergens.</p> <p>Due to the presence of food allergens in the processing environment and in meals and snacks served, United cannot guarantee an allergen-free meal or environment on its flights. Further, it is not possible to prevent customers from bringing food items on board that contain major food allergens including peanuts. If you have a severe food allergy and are traveling on flights between the U.S. and Canada, please notify a flight attendant on board the aircraft you request an allergy buffer zone so we can notify customers seated nearby to refrain from eating any allergen-containing products they may have brought on board.</p> <p>For operational reasons, we cannot remove any onboard products based on individual customer requests, and we do not offer allergen-free buffer zones on our aircraft. Since we cannot guarantee allergen-free flights, we encourage customers to review any health concerns with their physicians prior to flying.</p>	Link

Australian Airlines

Qantas

Qantas is aware of the challenges of peanut allergy sufferers and where possible seeks to minimise the risks of exposure to peanuts through:

The removal of peanuts as a bar snack on all Qantas flights and from Qantas owned and operated lounges.

Minimising the use of peanuts or peanut based products in our inflight menus.

The provision of dietary required meals inflight are specifically designed to not include peanuts or other nuts, or products of peanuts or other nuts in the preparation of the meal (except VGML - where tree nuts may be available).

While all reasonable steps are taken by Qantas and its caterers to reduce the exposure to peanuts inflight and on the ground, Qantas cannot guarantee an allergy free environment onboard or in our lounges. It is always possible that other passengers may bring peanuts or other nuts on board or into the lounges with them. Passengers may also be served a range of other nuts including almonds, cashews and macadamia nuts as bar snacks or after dinner snacks.

For this reason, we recommend that passengers carry any medication they may need with them in the cabin of the aircraft and be ready to administer the medication if necessary.

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