

Dear Parent/Guardian,

This letter is to inform you that we are a nut free school. Some students have such a high sensitivity to the peanut/tree nut protein that even a trace amount from a known peanut/ nut product or a food product/ item that has come in contact with a peanut/nut source (cross contamination) and is ingested can result in a life threatening anaphylactic reaction. The most serious reaction being respiratory difficulties, blockage of the airways, which if not medicated immediately, can lead to death.

We need the support and cooperation of you, the parents/guardians and the school community. Students are asked to bring lunches and snacks free of peanuts and tree nuts and products that may contain peanuts/ tree nuts such as donuts, granola bars, etc. We ask you to read food labels, checking for peanuts/ nuts ingredients prior to sending food to school. Truly, this is a life saving measure. If you have caregivers who provide your child(ren) with lunches or snacks we encourage you to share this information letter with them.

We realize this request may require added planning and effort on your part when packaging your child's lunch and snacks, however, we wish to express our sincere appreciation for your support and cooperation.

Sincerely,



Joan Krotenberg
Principal

Please do NOT send any of the following to school:

- Peanut butter or any other nut butter including Nutella
- Crackers with peanut butter filling
- Any muesli bar, biscuit or other product that lists nuts as an ingredient
- Trail mixes with nuts, granola bars with nuts, or dried fruit with nuts
- Cereal with nuts (e.g., Honey Nut Cheerios)
- Nuts in salad
- Candy or cookies containing nuts
- Loose nuts of any kind
(peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, coconut, pecans, pistachios, etc.)
- Anything cooked in peanut oil that has been cold pressed, expelled, or extruded.
- All nut pastes (e.g., Almond paste)
- All nut extracts (e.g., Almond extract- used in making various cookies)

Please make sure that you always check the labels on the food you are sending into school. The FDA requires all manufactures to list on their label if peanuts and/ or tree nuts are in their product. If it says peanuts/tree nuts are contained in the food, consider it a banned item. Remember- Manufacturing processes change, so a food that was safe, may not continue to be. It's still important to read the ingredient label each time you purchase a food.

Food labels that say:- "May contain or contain peanut or tree nuts" are NOT OK to bring to school to eat. Examples: Quaker Granola Bars S'Mores Flavor: may contain traces of peanuts.

Food labels that say:- "Processed in a facility that also processes peanuts & nuts" are OK to bring to school for personal consumption.

Food that contains:

"Tree nuts or peanuts in the ingredient list."
NO

Food that is:

"Made on equipment that processes nuts or peanuts"
NO

Food that is:

Made in a facility that processes peanuts & nuts
YES