

## **PEANUT/NUT ALLERGY GUIDELINES**

*A message from Dr. Linda Weber, Principal, Byrd School*



**October 2009**

If a student in your child's class has a peanut/nut allergy, all parents and students will be notified. Consuming even a small amount of food containing peanut/nut ingredients can be quite dangerous for this student's health. We share this information with you so we can make certain that all food brought into this classroom is safe for every student.

Always, before bringing any food into school, you must speak with the classroom teacher who would be aware of any other restrictions necessary. Also, please be cognizant of this peanut/nut allergy and check the ingredients to ensure they do not contain any kind or form of nut or peanuts, such as peanut oil. Whenever possible, please send food in its original packaging so the classroom teacher or school nurse can review the ingredients as well.

There are many healthy choices for treats and snacks in the classroom that would be safe for all children. Keep in mind that foods high in sugar and fat are never a healthy choice and should be avoided in school. Please choose the food you bring in carefully.

If you have any questions or concerns regarding this situation, please feel free to contact me or your classroom teacher at any time.

### **TIPS FOR CHOOSING A SAFE PEANUT/NUT FREE SNACK**

- ✓ READ THE LABEL AT THE TIME OF PURCHASE and do not bring a snack to class if the ingredients list: Peanuts and peanut oil, or Nut and nut oil.
- ✓ Snacks with such statements as "May contain traces of ...", or "Made on equipment that manufactures or processes...", or "Made in a facility that manufactures..." are not considered safe.
- ✓ Homemade or prepared foods are not allowed in these classrooms due to the risk of cross contamination from nut containing products.
- ✓ Only prepackaged foods are considered safe, foods from bins may be contaminated by residue from what food was in the bin prior to the current food.
- ✓ Do not assume a product you had previously purchased is always safe, since manufacturers change ingredients and equipment used regularly.