

PEANUT ALLERGY INFORMATION

Several students in our school have been diagnosed with a severe nut/peanut allergy. Although we also have several students in our school with other food allergies, peanut allergy claims more lives each year than any other food allergy. Because a child with a serious peanut allergy can suffer a severe reaction by ingesting trace amounts or simply touching a peanut-containing food, several staff members are trained to use epinephrine injectors.

There are no cures for food allergies, so strictly avoiding the allergy-causing food is the safest plan. Please help us by adhering to the following food allergy safety guidelines:

- 1) If your child ate foods with peanuts or peanut butter for breakfast, please make sure that his/her hands are washed with both soap and water before leaving for school.
- 2) We will require that any child who eats peanut butter or peanut products for lunch wash his/her hands or use a provided wipe to clean hands after eating.
- 3) Do not send in food items to be eaten as snacks in the classroom with ingredient labels indicating they contain peanuts or that they were manufactured in a factory that processes nuts.
- 4) Parties are a special time for children, but can be difficult for the food-allergic child. When sending in goodies, please be careful about the ingredients. Oftentimes bakeries use the same bowls to prepare items with and without nuts, resulting in cross-contamination.

Please carefully consider the special event treats such as Halloween or Valentine candies you choose for class distribution, as you will be amazed which items contain nuts or were processed in a facility that manufactures nut products. For a comprehensive list of snacks free of peanuts, tree nuts and eggs to keep these allergens out of the classroom, go to the following website:

www.snacksafely.com

Click on 'Safe Snack Guide' in the middle across the top, then scroll down about one-fifth of the page and click on 'Click here to view the Safe Snack Guide.' This will provide an extensive list of 'safe snacks' that will take the burden off you in selecting an appropriate, tasty and 'safe' snack for your child and his/her class. At this time we strongly suggest you use this site; in the future we may possibly require its use.

The safety and well-being of our students is of the utmost importance to us. Thank you for your support and cooperation. Please call the school nurse if you have any questions.