



## Food Allergies - How to keep our students safe

We are requesting that each family and staff member assist us in providing a “nut free building.” We are aware of the tremendous risk children who are allergic to peanuts can face from even the smallest exposure to peanuts, peanut butter or products that contain peanut oil. The consequences are life threatening in many cases and require immediate intervention with medication, hospitalization or even life support. We want to do all we can to eliminate the possibility of such an occurrence in our building this year. We need your help to do this. **Several ECS moms are willing and ready to help you plan a safe event. Please contact Beth Lott to make those connections.**

**What does “nut free mean”?** All food and snacks that contain peanuts and or tree nuts and their derivatives are unsafe. In addition to those snacks, any products with labels stating “may contain traces of peanuts or tree nuts” or “processed in a plant that process peanuts or tree nuts” are considered unsafe.

**Read the Product Label – Every Time:** A product's ingredient list might have been free of a specific allergen the last time you bought it, but manufacturers can change ingredients without warning.

**May Contain:** These "May contain" labels are also not considered safe for those with allergies. These labels are for what's called unintentional "cross-contamination" of a food product. That is, a chocolate bar may not be made with peanuts, but it may have been contaminated with a trace amount of peanut because it was produced on the same manufacturing line as a peanut candy bar.

***Generally, anything from a store bakery, doughnut shop, etc may contain nuts so please avoid these items.***

Items sent in for bake sales are exempt though, ideally, the guidelines will be followed at all times. If you are participating in a bake sale and providing a nut free item from a nut free environment, please label your contribution accordingly. *Please include a list of all ingredients with bake sale contributions.*

If you are sending in a class treat, please contact your teacher first for any other potential food allergy risks in your classroom. Better yet, consider sending in non edible treats (stickers, play-doh, pencils...) or buy a book or game for the classroom to share.