

## Nut Awareness

We have students within our school population that have severe nut food allergies. It is important that they strictly avoid this food in order to prevent life-threatening allergic reactions that require emergency medical treatment. To reduce the chance of this occurring, we are taking steps to provide them with a school environment that is as safe as possible. Those steps are as follows:

- Each classroom is Nut Aware to avoid exposure when possible. Individual teachers will be in contact with you if a student with severe allergy is in your student's class.
- There will be a designated Nut Free table in the café. This table will be available for students with a nut free lunch; however, preference will be given to those students with a nut allergy.

Things you can do to help the school be Nut Aware:

- Inform yourself about the dangers of food allergies, especially peanut and tree nut. The Food Allergy Research & Education organization (FARE) has a great website. [www.foodallergy.org](http://www.foodallergy.org)
- If your child has eaten any nut butter before coming to school, please be sure your child's hands and face have been thoroughly washed before entering the school. It is important that nut residue is not on a child's hands when they handle common schoolbooks and equipment.
- Avoid sending nut products to school when possible. Minimizing the number of these products in the school environment will decrease the risk of exposure. **All treats must be store bought.**

We understand that avoiding nuts can be difficult; we have provided helpful snack suggestions and a link to a food list on this page. This is not a comprehensive list and these snacks change frequently. If unsure about a particular food item, please email your classroom teacher. Thank you so much for your prompt attention to this very important matter.