



PEANUT AND TREE NUT SENSITIVE POLICY

As a school dedicated to the some of the youngest members of our community, we understand that many of our students are not old enough to make sound decisions when it comes to what should go into their mouths and are therefore less able to manage their allergies. And while our staff does an amazing job of cleaning and wiping down playing surfaces, toys, and chairs, there are some children within our School who could have a serious allergic reaction from contact with even a microscopic amount of the offending foods. As we work on transition with the little ones, there are many instances where children use common space within our building and it is because of this that we have decided to make our school a Peanut/Tree Nut Sensitive School.

We ask that no peanuts or tree nuts be brought into our School. Foods sent in for snack, lunch, or any class event (including parties, field trips, etc.) should be carefully checked to make sure they are peanut/tree nut-free. **This means the product cannot contain peanuts and tree nuts and cannot have the following warnings: “may contain...”; “processed in a facility...”, and “manufactured on shared equipment...”** Families can help ensure that our school stays peanut/tree nut-free by reading packaging labels and by reminding children not to share food with other children at school. We need to make sure that there is little opportunity for a child to be exposed to foods that could harm him/her.

For your reference we have compiled a list of items for a Peanut/Tree nut-free lunch, snack, and treats. This policy will be available on our website for you to refer to throughout the school year. We appreciate your cooperation with this policy—the sacrifice of not having nuts or nut products in the school is a small one to make compared to the consequences a child with severe allergies could face. If you have any questions, please do not hesitate to contact the Head of School.

Peanut & Tree Nut-Free Snack Ideas

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| Yogurt- plain or mixed with fruit | Plain popcorn (NO Crunch-N-Munch) | Fruit Loops cereal |
| Fresh fruit | Fruit Roll-ups | Pudding cups |
| Unsweetened cereal (without nuts) | Applesauce | Canned fruit in juice |
| Vegetables with dip | Baked tortilla chips & salsa | Teddy Grahams |
| Jell-o pudding bites | Low-fat granola bars (not peanut butter) | Pretzels |
| Fruit cocktail | Soy Butter and Crackers | Plain animal crackers (Barnum’s) |
| Graham crackers or Goldfish crackers | Bagels with cream cheese | Hard-boiled egg |
| Saltine crackers | Cheese or cheese sticks | Low/No fat cottage cheese |
| Cheez-Itz | | Raisins |
| | | Low-fat granola |

Peanut & Tree Nut-Free Lunch Ideas

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| Grain Products | Vegetable sticks | Meat and Alternatives |
| Breads- no nuts, rye, cracked wheat | Coleslaw | Hard-boiled eggs |
| Spaghetti | Vegetable soup | Soy Butter with Jelly |
| Bagels / Pita bread | Salad | Sunflower Seed Butter |
| Muffins | Raisins | Cold meats |
| Crackers | | Pizza |
| Macaroni & cheese | Dairy | Refried beans |
| Pasta or rice salad | Milk | Lentil soup |
| Soups with rice or pasta | Cheese | Meatloaf |
| | Low fat cottage cheese | Chili |
| Vegetables & Fruits | Cream soups | Baked beans |
| Fresh fruit | Low fat yogurt | Tuna/salmon |
| Canned fruit in juice | Hot chocolate | Hummus |
| Fruit/vegetable juice | Custard, puddings | |
| | String cheese / cheese slices | |

While we are dedicated to being peanut/tree nut-free, there are instances when nuts are brought in accidentally, and by other groups using our campus. We remain diligent in creating a peanut/tree nut-free environment for our students.