

Food Tips for Safe Classroom Celebrations

We are aware of the tremendous risk children who are allergic to tree nuts/peanuts can face from even the smallest exposure. 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 buildings. We need your help to do this.

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.

Please check out the link below for a continually updated list of acceptable “nut free” items. This list is updated every 3-4 weeks so check back frequently for the most recent copy.

<http://snacksafely.com/snacklist.pdf>