

An Important Reminder About Food Allergies

To: All Parents and Guardians of Students at Sunderland Elementary

Date: Fall 2016

Dear Parents and Guardians,

This is a note to remind you about the safety plan for all the students in our classrooms who have severe life threatening allergies to tree nuts and peanuts. We are making every effort to ensure that their health is not jeopardized.

This year our Preschool, Kindergarten, 1st, 2nd, 3rd and 4th grade classrooms will be peanut and nut safe. If your child is in PK- 4th grade, you will receive a notice explaining the classroom snack plan and receive further information about allergy safe foods for any celebration.

Nut Safe Daily Snacks in PK-4th grade

- Your child's daily snack must be free of **tree nuts or peanut products**. For your convenience, a list of healthy, peanut and nut-free snacks is provided at the end of this letter.

A Peanut and Nut-Safe Cafeteria

- **Your child may bring a lunch from home that contains peanut butter or nuts.**
- Adults supervise lunchtime and sharing or trading of food is not allowed.
- All lunches made in our cafeteria are peanut and tree nut free. Sunbutter and Jelly sandwiches are always on the menu in our cafeteria.
- There are several "School Lunch Only-Allergy Safe" tables for students who have nut allergies. Only children whose lunches are nut free can join their classmates at these tables.
- If a student eats peanut butter or nuts from home for lunch, then after lunch they are instructed to wash their hands and face if needed so that the oils are not brought back into the classroom.
- Our teachers and lunchroom monitors will explain and enforce these rules. Please speak with your child so that they understand and respect the importance of them.

Thank you for keeping this issue in mind. We want all children to be safe and be included in all classroom activities and events. If you have any questions or concerns please feel free to contact your classroom teacher or the nurse's office. Please visit the MassDPH website www.allergyhome.org or view the links provided below, for further information.

Ben Barshefsky
Principal
Sunderland Elementary School

Jeannie Johnson RN, BSN
School Nurse



INFORMING PARENTS:

A six minute narrated slideshow to help foster an understanding and supportive community among all parents in the school setting. It highlights basic facts about food allergies and the constant need for prevention and preparedness. [Also available in Spanish](#)



EMPOWERING KIDS:

This 4 1/2 minute awareness module is designed for elementary age children without food allergies with the purpose of increasing empathy and support and discouraging bullying.



BLOG: THE SUPERMAN FOOD ALLERGY ANALOGY:

Like teenagers, he thinks he's invincible and has a snazzy wardrobe. And, like children with food allergy, he can be hurt by small amounts of a substance that is harmless to most. The Superman, food allergy analogy can be a useful way to think about food allergies.



PLANNING EVENTS:

Consider Non-Food Options: Every year, our SES PTO makes a huge difference to help ensure that all students in our community can safely participate.

Here is a suggested event/activity 3-point checklist:

1. What is the goal of the event/activity?
2. Can this goal be achieved without food? (If so, eliminate it!)
3. If not, how can we choose foods that will allow everyone in our school community to fully and safely participate? Food labels are available for students and parents.

HEALTHY AND NUT-FREE SNACKS**

Fresh Fruits: apples, grapes, bananas, pears, plums, berries, watermelon, etc. **Dried Fruits:** raisins, apricots, etc

Fruit Juice, Fruit Drinks

Vegetables: carrots, celery, cucumbers, red peppers, etc

Cheese: cheddar cubes or sticks, mozzarella sticks

Yogurt: small containers of yogurt, Gogurts

Cream Cheese or cheese spreads

Sour Cream Based Dips

Crackers: Club (Keebler), Honey Grahams, Cheez It (Sunshine), Animal Crackers (Keebler), Ritz Crackers (check labels)

Pretzels: Goldfish (check labels)

Popcorn: Plain

Rice Cakes: Plain or flavored (check label)

Child Sized Peanut and Nut Free Sweet Treats

For Birthdays and Celebrations

Please, no homemade cupcakes or treats!

Frozen treats that are whole fruit or dairy

Whole Fruit Brand Frozen Juice Cups

Popsicles and Frozen Lemonade

Sherbet

Real Italian Ice (Luigi's brand)

Small Cups of ice cream (Hoodsie)

Snack Pudding Cups

**The classroom teacher will check the food label with you. All foods sold in the US must have a nutrition and ingredient labels by regulations of the The Food and Drug Administration. The food label must warn consumers if the food contains any of the top eight food allergens. Please be sure to check the ingredient label for hidden and trace peanut and nut products. We will not distribute foods that include warning statements such as, "May contain peanuts" or "Processed in a factory that also processes nuts". Always check with your student's classroom teacher first before bringing food to share into the classroom.