

Schoolwide Lunch, Snacks and Food Safety Plan for Sunderland Elementary



Dear Parents and Guardians,

This is a note to inform you about the food 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.

Nut Safe Daily Snacks

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

Class Celebrations

- We will gladly celebrate special occasions in ways that fall in line with our wellness policy. Fruits and frozen fruit treats, and vegetables will always be welcome as a healthy treat. Please do not send in any baked goods for your child's birthday or other celebrations. This change has been made in order to keep our children with a variety of health issues and food allergies safe and included.

A Peanut and Nut-Safe Cafeteria

- **Your child may buy breakfast or lunch.** In our school, all breakfast foods and the hot lunches that are made in our cafeteria are peanut and tree nut safe. In addition, at lunch there are soups and sandwiches, including Sunbutter and Jelly sandwiches, always on the menu.
- **Your child may bring a lunch from home that contains peanut butter or nuts.**
- Adults supervise our students during lunchtime and sharing or trading of food is not allowed.
- 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 sticky 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 in all classroom activities and events. If you have any questions or concerns please feel free to contact your classroom teacher, the principal or the school nurse. Please visit the Mass DPH website www.allergyhome.org or view the links provided below, for further information.

Ben Barshefsky
Principal

Jeannie Johnson BSN, RN
School Nurse

HEALTHY, SIMPLE AND NUT-FREE SNACKS

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

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

Dairy: Cheeses, cheddar cubes or sticks, mozzarella sticks, **Yogurt:** small containers of yogurt, Gogurts, **Hard Boiled Eggs**

Dips: Hummus, Sunbutter, Cream Cheese or cheese spreads **Sour Cream Based Dips**

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

Dry Cereals

Pretzels: Goldfish (check labels)

Popcorn: Plain **Rice Cakes:** Plain or flavored (check label)

**** Did you know that 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 and nutrition label of processed foods for hidden and trace peanut and nut products such as “May contain peanuts” or “Processed in a factory that also processes nuts”.**



INFORMING PARENTS:

This six minute slideshow can help develop an understanding of food allergies and the constant need for prevention and preparedness. It highlights basic facts about how to help keep the students with food allergies safe.

www.allergyhome.org



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 discouraging bullying.

www.allergyhome.org

Schools.AllergyHome.org
Let's Empower our Kids:
No sharing

