

Important Update About Food at School



**To: All Parents and Guardians of Students at Sunderland Elementary
Fall 2017**

Dear Parents and Guardians,

This is a note to inform 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.

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, peanut and nut-free snacks is provided at the end of this letter.

Class Celebrations - Food

- We will gladly celebrate special occasions in ways that fall in line with our wellness policy. Starting this year, fruits 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 safe and included.



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, the principal or the school nurse. Please visit the MassDPH website www.allergyhome.org or view the links provided below, for further information.

Ben Barshefsky
Principal

Jeannie Johnson RN, BSN
School Nurse

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|  <p>Your School Community</p> <p>Presentation by Michael Palmer MD, MMSc Harvard Vanguard Medical Associates Produced by John Lee, MD</p> | <p><u>INFORMING PARENTS:</u></p> <p>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</p> |
|  <p>Food Allergies</p> <p>Presentation by Michael Palmer, MD, MMSc Harvard Vanguard Medical Associates, MA Produced by John Lee, MD</p> | <p>EMPOWERING KIDS:</p> <p>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.</p> |
|  | <p><u>BLOG: THE SUPERMAN FOOD ALLERGY ANALOGY:</u> 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.</p> |

HEALTHY AND NUT-FREE DAILY SNACKS**

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

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

Cheese: cheddar cubes or sticks, mozzarella sticks

Yogurt: small containers of yogurt, Gogurts

Dry Cereal

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)

** 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 such as “May contain peanuts” or “Processed in a factory that also processes nuts”.