

NUT FREE CLASSROOM

Dear Parents and Guardians,

Your child is in the same classroom with at least one student who has been diagnosed with a life threatening food allergy to peanuts and/or tree nuts. The following information is intended to help you plan for the school year.

It is important to understand that a fatal reaction can be caused by as little as 1 milligram, or 1/5000th of a teaspoon of allergen. Therefore, it is important to have certain procedures in place in the classroom so that all students can be safe.

In order to ensure safe foods are used for snacks, the classroom will be peanut and tree nut free. A list of acceptable snacks for the classroom is listed on the back of this letter. You may also find a comprehensive list at the website www.snacksafely.com. Most major food companies are excellent at listing food ingredients on their products so please be sure to read the labels.

Thank you for your support and cooperation with these important safety procedures.

Sincerely,
Callie Shanahan
School Nurse
781-804-4974

Excellent website for a comprehensive and updated list can be found at :

www.snacksafely.com

Some suggestions:

All fruits and vegetables

Applesauce

Cheese sticks

Triscuits

Wheat Thins

Skinny Pop

Smart Food

Bachman Pretzels

Newman's Own Pretzels

Late July Tortilla Chips

Utz Corn Chips

Utz Tortilla Chips

Bachman Tortilla Chips