

Dear Parent/Guardian,

We have students in the school and in your child's classroom who have severe life-threatening allergies to Peanuts and Tree Nuts and Sunflower products. **Therefore, all nuts, peanuts, foods containing peanut oil, and peanut flour, CANNOT be permitted in the CLASSROOM. This also includes lotions/sprays/soaps that may contain the tree nut oils and/ or peanut scents/oils.**

People who have severe allergies to food substances are placed at risk when these products are consumed or worn by others in their environments. In a classroom setting, cross-contamination occurs when a few crumbs or drops of a substance are touched or picked up by the allergic person.

This is actually a great opportunity to encourage the students to eat more fruits and vegetables. **Please refer to the list on the back for suggested foods that are both healthy and safe.**

Students may consume peanut/tree nut/ products in the cafeteria. A table is designated for students with peanut/tree nut allergies/food allergies. This table is cleaned with separate cleaning items. Also, our school program is peanut and tree nut free.

PLEASE NO GRANOLA BARS FOR SNACK TIME. MANY CONTAIN NUT FLOUR/ OR MAY BE MADE IN A FACILITY THAT PROCESSES NUTS. THEY ARE FINE FOR LUNCH TIME.

****Please read labels on products for any changes in ingredients**

We hope you will appreciate the seriousness of the conditions and assist us in our efforts to create as safe an environment as possible to minimize the risk of an allergic reaction. Your understanding and cooperation are appreciated.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL MY OFFICE AT 769-0261, EXT. 2.

Sincerely,

Rhonda Sexton, RN
School Nurse Teacher

PEANUT FREE AND TREE NUT FREE SNACK LIST

- **APPLE**
- **APPLESAUCE**
- **BERRIES**
- **CHERRIES**
- **PINEAPPLE**
- **ORANGE SLICES**
- **PEACH**
- **PEAR**
- **STRAWBERRIES**
- **PLUM**
- **BANANA**
- **WATERMELON**
- **CANTELOPE**
- **CARROTS**
- **CUCUMBER COINS**
- **CHERRY TOMATOES**
- **CELERY STICKS**
- **CHEESE STICKS**
- **BROCCOLI**
- **SNOW PEAS**
- **YOGURT**
- **STRING CHEESE**
- **GENERAL MILLS CHEERIOS (PLAIN ONLY)**
- **GENERAL MILLS GOLDEN GRAHAMS**
- **NABISCO HONEY GRAHAMS**
- **NABISCO TEDDY GRAHAMS**
- **NABISCO PREMIUM SALTINES**
- **SUNSHINE CHEEZ-ITS**

HEALTHY DRINKS INCLUDE MILK, 100% JUICES, AND WATER

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