



FORRESTON GRADE SCHOOL GERMAN VALLEY GRADE SCHOOL

PRINCIPAL
Jonathan W. Schneiderman

July 27, 2017

Parent(s)/Guardian(s) of Forreston and German Valley Grade Schools,

This school year we have a number of children with severe nut allergies. Children with allergies to peanuts and/or tree nuts can have an allergic reaction through contact, airborne, and /or ingestion. A reaction can occur by touching a nut (contact), having the allergen enter through inhalation (airborne), and/or by eating a food item that contains nuts, even trace amounts (ingestion). Some children with nut allergies will have an allergic reaction through ingestion only, while others' will include a reaction by contact, airborne, and/or ingestion. In an effort to continue our promotion of student safety throughout our buildings, we will be asking for your help and cooperation with our implementation of a Peanut/Tree Nut Free Policy at both Forreston Grade School and German Valley Grade School. ***We are requesting that no peanuts or tree nuts be brought into our buildings. Foods sent in for snack, lunch, or any class event (including parties, field trips, etc.) should be carefully checked to make sure they are peanut and tree nut free.***

Families can help ensure that our schools stay peanut and tree nut free by reading packaging labels along with reminding children not to share food with other children at school. While our goal is to provide peanut and tree nut free campuses, we understand that this is a huge undertaking. With your cooperation we can drastically diminish the possibility of a child getting a dangerous reaction due to coming in contact with peanuts and/or tree nuts.

While we want to remain vigilant, we understand that a student or parent may forget and bring in a peanut or tree nut product to school for lunch or snack on occasion. If a student brings a nut product to school, we will simply use a Ziploc bag to immediately bag the item with a reminder label that says "FGS/GVGS are Nut Free Schools, Please Enjoy this at Home." Then we will send the item home with the student at the end of the day. If the item is a large part of a student's lunch or snack, we will have some nut-free healthy food items in the office and cafeteria that we will provide.

For your reference we have compiled a list of items that must NOT be brought into the buildings, along with ideas for peanut and tree nut free lunches, snacks, and treats. We appreciate your cooperation with this policy. The sacrifice of not having nuts or nut products in our schools is a small one to make compared to the consequences faced by a child with severe allergies. If you have any questions regarding this please feel free to contact me.

Sincerely,

Jonathan Schneiderman
Principal
Forreston and German Valley Grade School

Please Do NOT Send Any of the Following to School:

- Peanut butter or any other nut butter or spread, including crackers with peanut butter filling
- Any muesli bars, biscuits, or other products that list nuts as an ingredient
- Trail mixes with nuts, granola bars with nuts, or dried fruit with nuts
- Cereal with nuts (EG: Honey Nut Cheerios)
- Nuts in salad
- Candy or cookies containing nuts
- Loose nuts of any kind (peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, pecans, pistachios, etc.)
- All nut pastes (EG: Almond Paste)
- Almond Milk

READ THE LABELS:

Please make sure that you always check the labels on the food you are sending in to school.

1. If it says peanuts/tree nuts are contained in the food, consider it a **banned item**. (Please remember that manufacturing processes change, so a food that was safe, may not continue to be so. It's still important to read the ingredient labels each time you purchase a food.)
2. If it says, "May contain peanuts or tree nuts", it **SHOULD NOT** be brought into the buildings. **Example: *Quaker Granola Bars S'mores flavor: May Contain Traces of Peanuts.***

Ideas for Allowed Snacks and Treats

Yogurt-Plain or Mixed with Fruit
Fruit Roll-ups
Pudding Cups
Baked Tortilla Chips with Salsa
Applesauce
Canned Fruit in Juice
Vegetables with Dip
Fresh Fruit
Teddy Grahams
Cheese or Cheese Sticks

Jell-O Pudding
Unsweetened Cereal
Soy Butter/WOW Butter
Graham or Goldfish Crackers
Hard-Boiled Egg
Bagel w/ Cream Cheese
Low/No Fat Cottage Cheese
Saltine Crackers
Oreos
Low-Fat Granola Bars (Not Peanut)