

St. James Lutheran Preschool - A Nut Free Zone!

Preschool Snacks, Birthday Party Treats List, and Allergy Protocol

Here, at St. James Lutheran Preschool our focus is to keep all our children safe when it comes to food allergies. Primarily, we STRIVE for a peanut/nut-free environment which includes providing peanut/nut-free snacks and reminding families that when bringing birthday treats and Lunch Bunch “lunches” into the school that they be peanut/nut-free as well! Peanut/nut-free includes any product that contains (or may contain) peanuts, any kind of nuts including tree nuts or traces of nuts, or processed in a facility with nuts. Some items that cannot be served in our classroom are Dunkin’ Donuts products, M&M products, Nutella, etc... Additionally, if your child has an allergy to a specific food item that you are aware of other than peanuts/nuts, and although you have written it on the registration paperwork, kindly speak with your child’s teacher directly on the first day of school. This will begin the safest partnership possible between the parent and the preschool for your child.

Classroom Snacks - The following snacks are served throughout the year and are **peanut/nut-free**:

Goldfish Crackers	Graham Crackers	Ritz Crackers
Pretzels	Cheerios	Cheez Its
Fresh Fruits	Nilla Wafers	Oreos
Veggie Straws	Chocolate Chips Cookies	Saltines
Keebler Club Crackers	Jam/Jelly	Cheese Slices

In addition to these snacks, sometimes we will bake our snacks in the church kitchen such as snickerdoodles, gingerbread, and monkey bread.

Classroom Drinks: Apple Juice, Water, Milk (occasionally)

Holiday/Seasonal Parties (Halloween, Thanksgiving, Christmas, Valentine’s Day, Easter, etc.): We will provide you with sign-up information about offering to send in a special treat, drink or paper goods for your child’s classroom holiday/seasonal party. For special holiday/seasonal events, we sometimes serve punch containing fruit punch, ginger ale and sherbert.

Birthday Treats for parents to bring in for the whole class:

- Cupcakes – Pre-packaged (store-bought), nut-free
- Muffins – Pre-packaged (store-bought), nut-free
- Brownies – Pre-packaged (store-bought), nut-free
- Italian Ice Cups
- Ice Cream Dixie Cups
- Ice Cream Pops

Children with Allergies: If your child **cannot** safely eat a specific snack item(s) and/or birthday treat(s) listed above, please bring to school a supply of special snacks and special treats labeled with your child’s name and we will store it in our cupboard or freezer to give to your child during snack time or birthdays. If you have any questions or are not sure about a food item you would like to send in, please contact us and we will review together.

Lunch Bunch (TBC): Please, remember that any food items containing **peanuts/nuts** must never be placed in your child’s lunch bag/box. This includes, but not limited to, peanut butter, sunflower butter, Nutella, granola bars, trail mixes, cereals (i.e. Honey Nut Cheerios), and mini-sized candy bars.

On the **reverse** please find a list of ingredients that might suggest the presence of peanuts. This information comes from *The Food Allergy & Anaphylaxis Network*.

Thank you for your cooperation and understanding of this important safety issue.

Blessings for a Safe Year!

Mrs. Johansson, Director

Tips on How to Read a Label for a Nut-Free Diet

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts
beer nuts: cold pressed, expeller pressed, or extruded
peanut oil
goobers
ground nuts
mixed nuts
monkey nuts
nut pieces
nut meat
peanut butter
peanut flour
peanut protein
hydrolysate

Peanut is sometimes found in the following:

African, Asian, Chinese, Indian, Indonesian, Thai, and Vietnamese, and Mexican dishes and baked goods, including pastries, cookies, candy, and chocolate
chili
egg rolls
enchilada sauce
marzipan
nougat

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.