

Nut-Safe School Policy

This school year we have several students with severe nut allergies. St. Joseph the Worker School recognizes that food allergies may be severe and even life threatening, and due to the serious nature are implementing a Nut-safe School Policy.

Due to the prevalence of peanut and nut allergies, we ask all parents to refrain from sending items containing peanuts and/or nuts to school. If there are other life-threatening allergies in your child's group, the classroom teacher will advise you of additional precautions that need to be taken. Parents whose children carry Epi-pens and/or have severe allergies will be advised of the **policy** and will work in collaboration with the staff in establishing an emergency response plan for their child. It is the responsibility of parents to ensure that all epi-pens are replaced at their expiration date.

SCHOOL/STAFF RESPONSIBILITY

- St. Joseph the Worker School will maintain a Nut-safe facility during school hours.
- Information pertaining to a student's allergies will be shared with faculty and staff who have contact with the student, but otherwise will be kept as confidential as possible.
- St. Joseph the Worker School will provide anaphylaxis training opportunities for staff.
- St. Joseph the Worker School will strive to instruct staff and faculty to recognize symptoms of an allergic reaction and to respond appropriately.

PARENT/STUDENT RESPONSIBILITY

- Please do **NOT** send any kind of nuts to school, including the following:
 - Peanut butter or any other nut butter including Nutella
 - Crackers with peanut butter or other nut butter filling
 - Any candy bar, biscuit or other product 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
 - Anything cooked in peanut oil or other nut oil that has been cold pressed, expelled or extruded
- Please make sure that you always check the labels on the food you are sending in to school. Health Canada requires all manufacturers to list on their label if peanuts and/or tree nuts are in their product. If it says peanuts/tree nuts are contained in the food, consider it a banned item. Remember – manufacturing processes change, so a food that was safe, may not continue to be. It's still important to read the ingredient label each time you purchase a food.
- Food labels that say: — “May contain peanut or tree nuts” are **NOT OK** to bring to school.
- Food labels that say: — “Made on equipment that also processes peanuts or tree nuts” are **NOT OK** to bring to school.
- Food labels that say: — “Processed in a facility that also processes peanuts or tree nuts” are **NOT OK** to bring to school.
- Parents of students with allergies may submit to the School Nurse protocols designed to avoid exposure to certain foods.
- Parents of students with life-threatening allergies must provide St. Joseph the Worker with emergency medications and a written medical treatment protocol for their student for addressing allergy-related events. The administrative assistant will maintain the medication and information.

- Parents are responsible to educate their child about managing his/her allergy at school.
- St. Joseph the Worker School cannot guarantee that a student will never experience an allergy-related event while at school. St. Joseph the Worker School is committed to student safety, and therefore has created this policy to reduce the risk that children with allergies will have an allergy-related event.

We appreciate your cooperation with this policy—and your help in keeping our students safe and healthy.

Peanut & Nut-Free Lunch, Snack & Treat Ideas

- Yogurt – plain or mixed with fruit
- Baked tortilla chips with salsa
- Fruit Roll-ups
- Applesauce
- Fresh fruit
- Pretzels
- Unsweetened cereal
- Graham or goldfish crackers
- Hard-boiled egg
- Bagel w/ cream cheese
- Low/No fat cottage cheese
- Popcorn (NO Crunch-N-Munch)
- Saltine crackers
- Cheese or cheese sticks
- Craisins
- Cheez-Itz
- Breads – no nuts
- Spaghetti
- Fruit/vegetable juice
- Vegetable sticks
- Sunflower seed butter
- Cold meats
- Pita bread
- Refried beans
- Crackers
- Macaroni & cheese
- Salad
- Custard, puddings
- Meatloaf
- Pasta or rice salad
- Soups with rice or pasta
- WOW butter (please label sandwiches with the appropriate stickers)
- Dare crackers, bear paws, and fruit snacks.
- Made good granola bars