



To: Parents

From: Kimberly Suarez/Julie Rice, School Nurses

Date: August 2011

Re: Holiday Parties and Special Events, Special Projects

A number of students in the school have life threatening food allergies, mostly peanut and tree nut allergies. Strict avoidance of foods made with peanuts or tree nut products is the only way to prevent the possibility of an allergic reaction. Allergic reactions can occur after the offending foods have been **touch**ed, **ingested or inhaled, even in small amounts**.

In our school community, we must do all we can to provide our students with a safe learning environment. In an effort to allow food allergic students to participate fully in classroom parties and special activities, we request that you not send in any foods that contain peanuts, peanut butter or tree nut products if you are helping out during class parties or other special events. Commercially prepared baked goods or products contain specific ingredient lists that can be checked before serving them to students. If you prefer to send in food items prepared at home, please attach a list of ingredients used to make the items. **We are requesting that no peanut or tree nut products be placed in treat bags provided to students during parties or celebrations.** Please refer to the attached list for additional information on peanut and tree nut ingredients found in food items. For complete information on peanut, tree nut or other food allergies, please visit The Food Allergy and Anaphylaxis Network (FAAN) at [www.foodallergy.org](http://www.foodallergy.org). Each teacher is aware of the students with peanut and tree nut allergies in the class as well as students with other food allergies. **Please consult the teacher or the parents of food allergic students for specifics when planning parties and events where food or food containers will be consumed or used as part of hands-on projects.**

Food allergies can be a challenge to manage, but with everyone's continued cooperation, we can provide a safe environment for all of our students. If you have specific questions about classroom activities or celebrations, please contact the teacher or Mrs. Suarez/Mrs. Rice at extension 261. Thank you.

Please refer to tree nut and peanut information from FAAN on the following page.

**Tree Nut Allergies**-Avoid products that contain nuts or any of these ingredients:

Almonds	Macadamia nut
Artificial Nuts	Marzipan/Almond Paste
Beechnuts	Nangai nuts
Brazil Nuts	Natural nut extract
Cashews	Nut butters
Chestnuts	Nut meal
Chinquapin	Nut Paste/Almond Paste
Coconut	Nut meat
Filberts/Hazelnuts	Pecans
Gianduja	Pesto
Ginko nuts	Pine Nuts
Hickory nuts	Pistachios
Pralines	Walnuts
Shea nuts	Pili nut

**Peanut Allergies**-Avoid products 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  
Nougat  
Nut pieces  
Nut meat  
Peanut butter  
Peanut flour  
Peanut protein hydrolysate

\*This is not a complete list. Peanut and tree nuts are often found in sauces, candies, Thai and Vietnamese foods, Mexican dishes and commercial baked goods. Please check food labels before serving.