



Dear Parents/Guardians,

This letter is to inform you that due to food allergies, we are a **peanut free school**. **PLEASE DO NOT SEND ANY PRODUCTS WITH PEANUTS/TREE NUTS FOR LUNCH, SNACK, OR PARTIES.** Check the bottom of the ingredient label to see if it may contain peanut/nut products or was processed in a peanut/nut factory.

Even in trace amounts, peanuts may cause a severe reaction (anaphylaxis) that can lead to death. The following symptoms may occur: hives, difficulty breathing, vomiting and diarrhea, swelling of the lips, mouth, and throat, itching and sneezing, loss of consciousness, and death due to shock. Even touching contaminated surfaces may cause a reaction. All school staff have been trained to recognize such a reaction and to administer medication (epinephrine) in an emergency.

Here are a few suggestions for you as parents:

- Never take food allergies lightly; they can be serious and life-threatening.
- Ask your child's friends what they are allergic to and help them to avoid it.
- Tell your child, "DO NOT SHARE FOOD."
- Frequent hand washing reduces the spread of viruses during the school year and helps protect food allergic students. Wash hands thoroughly after eating. Similarly, encourage good hygiene before and after-school. If your child had peanut butter for breakfast please have them wash their hands. Wash hands and surfaces before handling text books, computers or school equipment.
- Tell your child to get help from an adult immediately if a schoolmate has a reaction.

Thank you!
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