

Dear Parents:

There has been a great deal of attention paid to nut allergies by the media in recent months. It is becoming more and more common to have children with peanut allergies in school. Even a miniscule amount of peanuts or peanut butter can be fatal to some of these children. Some children develop allergic reactions when they ingest nut products (such as peanut butter). Others are more sensitive and react when they touch peanuts/peanut butter. Still others react to traces of nut dust in the air (from peanut shells for example). Air passages will constrict quickly if someone who has recently eaten nut products breathes near/on the child with this type of nut allergy.

There are several students at EBM who have been diagnosed with Peanut/nut allergies and their parents have worked closely with the school to educate us in the proper way of keeping their children safe. Now we need your help. To protect the lives of these children we are going to become a **Nut free environment**.

For birthdays or parties, please be sure these snacks are peanut/nut free. Peanut/nut free signs will be posted outside each classroom.

We appreciate the support of families in helping to minimize the possible fatal exposure of peanut allergy students to peanut/nut products. As always, the health of each and every EBM student continues to be of the utmost importance.

Sincerely,

EBM Staff

### **Suggested Snack List**

- Applesauce
- Bagels
- Bread
- Cheese Slices
- Cheese Cubes
- Cottage Cheese
- Crackers (Wheatables, Wheat Thins, Munchems, Keebler Club Crackers, Goldfish, Graham Crackers, Teddy Grahams)
- Fresh Fruit
- Fresh Vegetables
- Gogurts
- Fruit Roll-ups
- Jello cups
- Packaged Fruit Snacks
- Pretzels
- Raisins
- Rice Krispie Treats (regular)
- Yogurt (without nut toppings)

## **Peanut Free Lunch Ideas**

- Pita Wrap sandwich with meat and/or cheese, lettuce and tomato
- Pasta Salad with meat and cheese
- Macaroni and cheese
- Crackers with lunchmeat, hard boiled egg, or cheese
- Yogurt with carrot and celery sticks and a piece of fruit
- Bagel sandwich with meat or cheese
- Pizza slice with vegetables
- Soup or stew in a thermos