



December 4, 2009

Dear Parents of Abiding Savior Lutheran School,

As you know, one of our objectives this year through our Safe-T program is to create a safe environment for the body. We will continue this with the peanut and nut free school program. **Effective February 1, 2010 we will start this process.**

What this means is no food products made with peanuts/nuts will be allowed in the school. This will include items such as peanut butter, trail mixes, or candies made with nuts. Peanut oil or nuts will not be used in food preparation by cafeteria staff. As is our standard rule, students will be reminded to not share food.

We currently have students enrolled with these allergies. The ASLS peanut/nut policy is designed to help provide a safe environment for students and staff diagnosed with life-threatening peanut/nut allergies. Although all staff are trained in recognizing the symptoms of anaphylactic shock and in the use of Epi Pens, our goal is to not have to put children at risk to use these measures. Additionally, by July 2011, the state of Missouri requires that each school shall adopt a policy on allergy prevention and response, with priority given to addressing potentially deadly food-borne allergies. We are being proactive by addressing this now.

You may be thinking, *"I don't remember nuts being such a big issue when I was in school."* You would be correct, but more children are becoming allergic to certain foods including peanuts and tree nuts (e.g. walnuts, pecans, and almonds). Research is unclear as to why this is happening. If there was a simple vaccine or medicine available that could handle the problem we wouldn't need to do this.

What makes peanuts/nuts especially harmful to allergic individuals is:

- Peanut dust can become airborne.
- Nuts are more likely to cause severe and potentially life-threatening reactions than most other foods.
- Cross-contamination from peanut butter residue on a table, handrail, etc. can cause a reaction.

Abiding Savior Lutheran School is taking the following steps to make this transition:

- We ask that parents NOT send peanut/nut food items, to school. If an error is made a note will be sent home. No food will be taken from children as we begin the process of educating ourselves on peanut/nut products.
- The board welcomes further suggestions and comments. Many families already have experience with living with food allergies that may be helpful to share for all of us to learn.
- A "Nut-Free Sample Day" will be hosted on January 26th at the PTP meeting.
- Students will receive food allergy training in their classrooms, helping them understand how to help friends with food allergies.
- Allergic students are encouraged to bring special snacks from home for consumption during classroom birthday celebrations and parties.
- Signs will be posted in the cafeteria and school office as a reminder of the nut-free policy.
- This policy is in effect for students, staff, and visitors during school hours and school-related events.

Please contact me or Board of Education Chairperson Charlie Robinson if you have questions.

Blessings,

Katherine Palmer
Vice Chair- Board of Education

The following information was taken from the www.foodallergy.org website, and will provide you with some helpful background information to better understand food allergies.

What is a food allergy?

A food allergy is a condition in which the immune system incorrectly identifies a food protein as a threat and attends to protect the body against it by releasing chemicals into the blood. The release of these chemicals results in the symptoms of an allergic reaction, or anaphylaxis, which can be life-threatening.

Is all peanut allergy life-threatening?

It is impossible to predict the potential severity of a reaction ahead of time. Factors depend on the amount of exposure, which can even be air borne, meaning simply breathing on an allergic person could cause a reaction. Peanut-allergy reactions can range from eczema or a mild rash around the mouth, or death in a severe reaction. Therefore, we must treat each episode of anaphylaxis as potentially life-threatening.

How do I know if my child is allergic to peanuts/nuts?

Talk to your child's pediatrician if you suspect your child may have an allergy, and he/she will work with you to make this determination. Be prepared to keep a food diary and log of symptoms. This information combined with lab tests and physical examination will help determine any allergic reactions.

Peanut free lunch ideas:

Pita wrap sandwich with meat and/or cheese, lettuce and tomato and jello
Pasta salad with meat or cheese and apple or banana
Macaroni and cheese with carrots and ranch dressing and fruit cup
Chips, salsa, and cheese tortilla with orange
Mini pizza bagels with apple
Crackers with lunch meat, hard boiled egg, or cheese and grapes
Yogurt with carrot and celery sticks and a piece of fruit and animal crackers
Bagel sandwich with meat or cheese and zucchini slices and mini orange juice
Pizza rolls with vegetables or fruit
Soup in a thermos with cheese sandwich

Peanut free snack ideas:

Yogurt
Fruit cups
Fresh fruit or dried fruit
Pudding or gelatin cups
Crackers and cheese
Celery stuffed with soft cheese or cream cheese
Homemade trail mix with cereal, pretzels, and raisins
Graham or animal crackers
Vegetables with dip
String cheese
Mini pitas or mini bagels



Peanut/Nut Free Snacks

Safe for those with peanut/nut allergy

(Brand does matter—some products are processed in a facility with peanuts/nuts. The below items are safe.)

FRUITS

All fresh fruits
Applesauce cups
Motts Fruit Blaster Applesauce Tubes
Sun Maid Raisins (not chocolate covered)
Del Monte Fruit To Go cups
Dole fruit bowls

VEGETABLES

All fresh veggies, including:
Carrots with dip
Celery sticks with cream cheese or dip

GUMMY SNACKS

Betty Crocker or Nabisco Fruit Snacks, including:
Fruit Roll-ups
Gushers
Fun Fruit
Trix Fruit Snacks
Pokeman Fruit Snacks
Fruit by the Foot
Shark Bites
Scooby Doo Fruit Snacks
Hi-C Fruit Snacks

COOKIES

Nilla Wafers
Chips-a-Hoy (not minis)
Teddy Grahams
Kool Stuff Strawberry Seas bar
Rice Krispie Treats (plain only)
Nutri-Grain apple cinnamon/brown sugar twists
Nabisco-Barnum animal crackers, oatmeal, iced oatmeal and cameo cookies, fig newtons
Pepperidge Farm Milano, Chessmen, shortbread, and sugar cookies

SALTY SNACKS

Rold Gold pretzels
Lays potato chips
Doritos (not crackers)
Tostitos
Fritos
Cheetos
Pringles (original only)
Popcorn—Pop Secret, Orville Redenbacher, Healthy Choice

CRACKERS

Ritz Crackers (plain, not sandwich)
Nabisco saltines
Triscot
Pepperidge Farm Cheddar Goldfish (plain only, not pretzel or cinnamon)
Sargento Mootown crackers and cheese dip
Honey Maid Cinnamon Grahams and Sticks, Honey Grahams and Sticks
Keebler Club crackers (original, not sandwich)

Sunshine Cheez Its
Wheat Thins

JELL-Os AND PUDDINGS

Hershey Chocolate and pudding tubes
Dole fruit and gel bowls
Jell-O gelatin cups, Xtreme Jell-O tubes, vanilla, chocolate, and vanilla, and Oreo pudding
Hunts Juicy gels, vanilla and chocolate pudding
Delmonte fruit and gel bowls-to-go

FROZEN TREATS

Lick-a-colors
Welch's fruit juice popsicles
Minute Maid juice bars, fruit and cream swirls, frozen lemonade
Good Humor fudgesicles, popsicles, fire cracker great whites, micro pop, and scribblers
Nestle Itzakadoozies, ice screamers, Flinstones rainbow sherbet treats, juicy frozen juice pops

DRY CEREAL

Fruit Loops
Cheerios (not Honey Nut)
Apple Jacks

MISC.

Cheeses
Yogurt
T. Marzetti's Caramel Apple Dips
Plain Bagels
Quaker Rice Cakes
Chocolate Chips—Nestle brand
Jet Puffed Marshmallows
Donuts: Krispy Kreme original glazed only, with or without sprinkles (not prepkged from grocery)
Pizza: Papa John's Domino's, Imo's, Pizza Hut

CANDY

Starburst, Skittles, Twizzlers, Hershey Milk Chocolate bars or Kisses (w/o almonds), Milk Duds, Dots, Sour Patch Kids, Tootsie Rolls
No candy made by the Mars Company