



The Early Childhood Center is a Peanut and Tree Nut free facility.

Dear Parents/Guardians:

This letter is to bring awareness that we have a growing number of food allergies in our school. In particular, there is/are student(s) with a severe life-threatening allergy to nuts (peanuts and tree nuts) in your child's school. Strict avoidance of the allergen(s) is the best prevention to avoid a life-threatening allergic reaction. In an effort to provide a safe learning environment and to allow every student to participate fully in all class activities, we have designated the school as nut-free. This controlled eating environment will allow all students to remain safe during snack and lunch.

Any exposure to peanuts or nuts through contact or ingestion can cause a severe life threatening reaction to those who are allergic to them. If your child has eaten peanuts or nut-containing products prior to school, please have your child wash his/her hands thoroughly prior to school. Please reinforce to your child that sharing snacks or lunch foods could be dangerous.

The Wachusett District has Food Allergy Policy that does not allow any outside food to be brought into the classroom and shared with classmates for celebrations or school activities. If your child has a food allergy, we recommend you provide an alternate snack (labeled with your child's name) that is kept in the classroom in case a snack is ever forgotten from home or dropped on the floor because no foods can be given out by the teacher in the classroom.

Your cooperation in this matter will be greatly appreciated by the children who have allergies and their parents as well as all the staff at ECC.

Peanut & Tree Nut Free Zone



Safe Snack List

*Ingredients and manufacturing practices and plants for packaged foods may change. It is important to read the label each time you purchase a product.

*This is a list of some popular snacks for kids that typically do not contain peanuts or nuts.

FRUIT

- Fresh fruit – any kind
- Packaged fruit such as Dole Fruit Bowls or Del Monte Fruit Bowls
- Applesauce
- Raisins (plain, not yogurt covered)
- Craisins
- Apricots
- Other dried fruits—just read the labels. Some dried fruits are manufactured on lines with nuts.

VEGETABLES

Fresh vegetables (carrots, celery, broccoli, cauliflower, snap peas, etc.)

- for ages 4 and up and /or competent with this food texture

CRACKERS, COOKIES, and CHIPS

There are cookies and crackers that are not manufactured with peanuts or nuts. Reading the label will let you know what is in the product. Typically, the following items do not contain peanuts or nuts, but again manufacturing practices and ingredients can change. Crackers, cookies, and chips are one of the areas where cross-contamination may occur in production.

- Saltines
- Graham crackers
- Teddy Grahams (but not the snack mix Teddy Grahams, which contains peanuts)
- Oreo cookies (most of them, obviously not the peanut butter, check the label)
- Smartfood Popcorn (just the regular white cheese, not the new cluster varieties)
- Frito Lay has many varieties of chips that are not produced with nuts. Their website <http://www.fritolay.com/your-health/for-special-dietary-needs.html> provides a list of products that DO contain nuts and should be avoided. Again, packaging information should be clear for these products.
- Pretzels (check the label as some are unsafe especially Snyder's brand and some of Frito Lay's Rold Gold brands)
- Goldfish –typically most varieties of the small goldfish. The larger sandwich type are not safe according to a representative at Pepperidge Farms (For Pepperidge Farm products, you have to read the label carefully because they never use the “may contain” or “contains” statement)
- Austin animal crackers (but not all brands of animal crackers)
- Many of Ian's snack mixes

CEREALS

Check the labels

DAIRY

Slices of cheese or cubed cheese

String cheese

Pudding cups

Cottage cheese

Yogurt

MISCELLANEOUS

Jello

Lunch meats

Pop Tarts

Fruit snacks/fruit roll ups

Hostess cupcakes and some Hostess donuts (not Hostess Twinkies—may contain peanuts)