

WHITNALL SCHOOL DISTRICT

5000 South 116th Street

Greenfield, Wisconsin 53228

Telephone: 414-525-8510

Dear Parents and Guardian,

As the school year continues, we wanted to remind you that there are students in our schools that have severe tree nut and peanut allergies and encourage your support of our efforts to limit exposure to these allergens for these students. To help make school a safe place for these individuals we are asking you to talk about this concern with your children and ask them to please refrain from bringing foods with nuts or peanuts into the school. If brought in it would be appropriate to share this information with other students at their lunch table. A major health issue such as food allergies needs to be taken very seriously. Again, it is the policy of this school to make the safety and well being of our students our top priority.

Tree Nut and Peanut allergies claim more lives each year than any other food allergy. A child with a serious tree nut or peanut allergy can suffer a reaction merely by touching a tree nut or peanut-containing food, oil or by being exposed to a trace amount of protein or oil from these nuts. Even inhalation of the trace amounts of nut protein could cause a reaction in very severe cases. Therefore, we are putting the following safety guidelines into effect:

- Please do not send any items with tree nuts or foods containing tree nuts or tree nut oils, to be eaten as snacks in the classroom, lunchroom or hallway. Tree nuts include walnuts, almonds, pecans, hazelnuts, cashews and many others that grow on trees. (See reverse side)
- Please do not send any items with peanuts, peanut butter or foods containing peanuts or peanut butter in the classroom, lunchroom or hallway.
- We will refrain from doing any classroom projects that involve tree nuts or peanuts/ peanut butter (like bird feeders) or peanut shells (art projects). Please do not send any of these projects into the classroom with your child.
- Classroom parties can be a difficult time for the food-allergic child. Teachers will be requesting tree nut and peanut free foods for these parties. If baked goods are sent in, please be careful about the ingredients. Please list the ingredients on the outside of the package and when preparing “treats” please pay close attention to cross contamination in your kitchen. To prevent cross-contamination, it is necessary that cooking utensils and preparation surfaces be carefully washed after each food is touched
- We will continue to keep the lunch program Tree Nut – Peanut Aware to maintain a safe and healthy learning environment for all of our students.

We trust that you understand how deeply important it is to respect and adhere to these guidelines. If throughout the course of the year you have any questions or concerns about food-allergy-related issues, please do not hesitate to contact either one of us.

Your cooperation in this matter is greatly appreciated.

Sincerely,

Principal

Susan Larson, RN, BSN
Whitnall School District Nurse

Adapted from the Food Allergy Initiative, a national non-profit organization dedicated to finding a cure to life-threatening food allergies. For more information, please visit www.faiusa.org or email info@faiusa.org.



Look at Ingredient lists for peanuts, peanut oils, or a comment that the item may have been produced in a plant that prepares foods with nuts.

Some Hidden Sources of Tree Nuts

- Artificial nuts can be peanuts that have been deflavored and reflavored with a nut, such as pecan or walnut. Mandelonas are peanuts soaked in almond flavoring.
- Mortadella may contain pistachios.
- Tree nuts have been used in many foods, including barbecue sauce, cereals, crackers, and ice cream.
- Kick sacks, or hacky sacks, bean bags, and draftdodgers are sometimes filled with crushed nut shells.

Further information is also available at <http://www.foodallergy.org/>

Peanut Products	Peanut-Containing Ingredients	Tree Nuts	Tree Nut-Containing Ingredients	Nut-Containing Foods
Cold-pressed or expressed peanut oil Peanut Peanut butter Peanut flour Beer nuts Nu-nuts flavored nuts Certain chili's	Hydrolyzed plant protein Hydrolyzed vegetable protein	Almonds Brazil nuts Cashews Chestnuts Filberts Hazelnuts Hickory nuts Macadamia nuts Pecans Pine nuts Pistachios Walnuts	Marzipan / almond paste Nougat Artificial nuts Nut butters (such as cashew butter and almond butter) Nut oil Nut paste (such as almond paste) Nut extracts (such as almond extract)	Ground nuts Mixed nuts Chex mix Artificial nuts Nougat African, Chinese, Thai, and other ethnic dishes Cookies, candy, pastries, and other baked goods, Grain breads Ice cream, frozen desserts High-energy bars Cereals and granola Salad dressing Marzipan