



How a Child Might Describe a Reaction

Children have unique ways of describing their experiences and perceptions, and allergic reactions are no exception. Precious time is lost when adults do not immediately recognize that a reaction is occurring or don't understand what a child is telling them.

Some children, especially very young ones, put their hands in their mouths or pull or scratch at their tongues in response to a reaction. Also, children's voices may change (e.g., become hoarse or squeaky), and they may slur their words.

The following are examples of the words a child might use to describe a reaction:

- "This food's too spicy."
- "My tongue is hot [or burning]."
- "It feels like something's poking my tongue."
- "My tongue [or mouth] is tingling [or burning]."
- "My tongue [or mouth] itches."
- "It [my tongue] feels like there is hair on it."
- "My mouth feels funny."
- "There's a frog in my throat."
- "There's something stuck in my throat."
- "My tongue feels full [or heavy]."
- "My lips feel tight."
- "It feels like there are bugs in there." (to describe itchy ears)
- "It [my throat] feels thick."
- "It feels like a bump is on the back of my tongue [throat]."

If you suspect that your child is having an allergic reaction, follow your doctor's instructions.

From *Food Allergy News*, Vol. 13, No. 2.
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Potential Food Allergens in Preschool and School Activities

According to the American Academy of Allergy, Asthma and Immunology, "food used in lesson plans for math or science, crafts, and cooking classes may need to be substituted depending on the allergies of the students".¹

Below is a list of some unexpected places you can encounter common food allergens, along with alternatives and precautions that can be used. Please note that this is not an exhaustive list; it is a general guide only and is not inclusive of every potential food allergen. Please verify all ingredients yourself by contacting the manufacturers as ingredients may change.

Activity/Materials	Allergen(s)	Potentially Safe Alternatives and Appropriate Precautions
Play-Doh® (commercial or wheat-based homemade)	Wheat	Crayola® Model Magic® Modeling clay (NOT modeling dough) Moon Sand Homemade rice- or buckwheat-based play dough Other sensory materials such as goop, slime, and ooblick Use a homemade playdough or ooblick that is safe for your child: - <u>Cornstarch playdough</u> - <u>Edible playdough</u> - <u>Rice playdough</u> -Ooblick recipe: 1 1/2 cups corn starch, 1 cup water, food color (optional). Mix the ingredients together; as children play with the mixture it will be solid when they squeeze it and liquid when they release it.
Macaroni art (wheat)	Wheat, egg	Rice macaroni Quinoa macaroni
Counting/sorting beans, grains, pasta, M&Ms® or other small foods	Potentially all	Counting/sorting foam, wood or plastic beads, or other small non-food items. Read ingredient labels to choose food items with safe ingredients.
Sensory tables that use grains, pasta, candies or other small foods	Potentially all	Use non-food items or read ingredients to choose food items with safe ingredients



Activity/Materials	Allergen(s)	Potentially Safe Alternatives and Appropriate Precautions
Tempera paint (homemade and some very high-end commercial)	Egg	Commercial finger paint Crayola® Kids Paint Most commercial paints suitable for children
Finger paint	Putting finger paint may contain milk. Laundry soap or laundry starch mixed in with finger paints to make them thicker. Laundry starch may contain corn, laundry soap may contain allergens.	Read ingredients to find milk-free finger paints. Laundry starch or soap can be omitted if avoiding corn. Read ingredients to find a safe laundry soap.
Crayons	May contain soy	Read ingredients to find soy-free crayons
Crayola® Wonder	Soy	Use a non-soy based ink
Craft paste	May contain wheat starch	Elmer's® Glue sticks Read labels to determine if wheat starch is present.
Shaving cream	May contain milk	Read ingredients to find a milk free shaving cream
Ooblick, oobleck, goop, slime	May contain corn	Create mixture using tapioca starch instead of corn starch, or read ingredients to find a safe version
Bird feeders	Peanut butter Wheat in birdseed mix Nut oils in seed mix	Consider making a hummingbird or butterfly feeder instead, using sugar, water and food coloring. Use soy nut butter or sunflower butter Regular Crisco® (contains soy oil) or other safe hard shortening Honey Seeds or seed mix without wheat seeds or nut oils



Activity/Materials	Allergen(s)	Potentially Safe Alternatives and Appropriate Precautions
Planting seeds	Legume seeds (such as beans, peas or peanut) Corn kernels Egg shells or egg containers that are sometimes used as "pots" to germinate seeds	Any other seeds Use other safe pots to grow seeds
Baking projects	Potentially all	You can share lots of safe recipes and request to participate in any baking activities.
Paper mache	Wheat	Elmer's® glue solution Buckwheat flour solution
Birthday and holiday celebrations	Potentially all	Non-food celebration (songs, goodie bags, stickers) You can provide safe cake or cupcakes for the class.
Making butter	Dairy	None
Making maracas or shakers	Some legumes	Fill maracas or shakers with rice, popcorn, or sand.
Projects using empty egg cartons, milk cartons, yogurt containers, etc.	Egg Dairy	You can provide safe empty containers for the class. One place to purchase new egg cartons is www.eggcartons.com



Activity/Materials	Allergen(s)	Potentially Safe Alternatives and Appropriate Precautions
Hand-washing (teachers and children)	Soaps, liquid soaps, hand wipes, diaper wipes and hand lotion may contain many allergens including wheat, dairy, soy and/or nut extracts including shea nut. Cloth towels may contain food residue.	Read soap, liquid soap, wipe and lotion labels to determine if allergens are present and choose a safe brand. Use paper towels to dry hands. Use safe wipes to clean hands.
Musical instruments	Allergens will be present on mouth-blown musical instruments.	Remove mouth-blown musical instruments from classroom. Provide a designated set of mouth-blown instruments for your child's use only.
Play kitchen	Empty "real" egg cartons, cereal boxes, etc. will contain allergens.	If used, you can provide safe "real" containers to replace allergenic ones.

References:

1. American Academy of Allergy, Asthma and Immunology (1998). Anaphylaxis in schools and other child-care settings. Accessed August 2007, http://www.aaaai.org/media/resources/academy_statements/position_statements/ps34.asp.

How to Read a Label for a Milk-Free Diet

All FDA-regulated manufactured food products that contain milk as an ingredient are required by U.S. law to list the word "milk" on the product label.

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter ester(s)	milk (<i>in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole</i>)
buttermilk	milk protein hydrolysate
casein	pudding
casein hydrolysate	Recaldent [®]
caseinates (<i>in all forms</i>)	rennet casein
cheese	sour cream, sour cream solids
cottage cheese	sour milk solids
cream	tagatose
curds	whey (<i>in all forms</i>)
custard	whey protein hydrolysate
diacetyl	yogurt
ghee	
half-and-half	
lactalbumin, lactalbumin phosphate	
lactoferrin	
lactose	
lactulose	

Milk is sometimes found in the following:

artificial butter flavor	luncheon meat, hot dogs, sausages
baked goods	margarine
caramel candies	nisin
chocolate	nondairy products
lactic acid starter culture and other bacterial cultures	nougat



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How to Read a Label for a Soy-Free Diet

All FDA-regulated manufactured food products that contain soy as an ingredient are required by U.S. law to list the word "soy" on the product label.

Avoid foods that contain soy or any of these ingredients:

edamame	soya
miso	soybean (<i>curd, granules</i>)
natto	soy protein (<i>concentrate, hydrolyzed, isolate</i>)
shoyu	soy sauce
soy (<i>soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt</i>)	tamari
	tempeh
	textured vegetable protein (<i>TVP</i>)
	tofu

Soy is sometimes found in the following:

Asian cuisine	vegetable gum
vegetable broth	vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show most allergic individuals can safely eat soy oil that has been highly refined (*not* cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.

How to Read a Label for a Peanut-Free Diet

All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word "peanut" on the product label.

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts	monkey nuts
beer nuts	nut meat
cold pressed, expeller pressed, or extruded peanut oil	nut pieces
goobers	peanut butter
ground nuts	peanut flour
mixed nuts	peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (<i>especially Chinese, Indian, Indonesian, Thai, and Vietnamese</i>), and Mexican dishes	egg rolls
baked goods (<i>e.g., pastries, cookies</i>)	enchilada sauce
candy (<i>including chocolate candy</i>)	marzipan
chili	mole sauce
	nougat

Keep the following in mind:

- Mandelonas are peanuts soaked in almond flavoring.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (*not* cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.

How to Read a Label for a Wheat-Free Diet

All FDA-regulated manufactured food products that contain wheat as an ingredient are required by U.S. law to list the word "wheat" on the product label. The law defines any species in the genus *Triticum* as wheat.

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	matzoh, matzoh meal (<i>also spelled as matzo, matzah, or matza</i>)
bulgur	pasta
cereal extract	seitan
club wheat	semolina
couscous	spelt
cracker meal	sprouted wheat
durum	triticale
einkorn	vital wheat gluten
emmer	wheat (<i>bran, durum, germ, gluten, grass, malt, sprouts, starch</i>)
farina	wheat bran hydrolysate
flour (<i>all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat</i>)	wheat germ oil
hydrolyzed wheat protein	wheat grass
Kamut	wheat protein isolate
	whole wheat berries

Wheat is sometimes found in the following:

glucose syrup	starch (<i>gelatinized starch, modified starch, modified food starch, vegetable starch</i>)
soy sauce	surimi

How to Read a Label for an Egg-Free Diet

All FDA-regulated manufactured food products that contain egg as an ingredient are required by U.S. law to list the word "egg" on the product label.

Avoid foods that contain eggs or any of these ingredients:

albumin (<i>also spelled albumen</i>)	mayonnaise
egg (<i>dried, powdered, solids, white, yolk</i>)	meringue (<i>meringue powder</i>)
eggnog	ovalbumin
lysozyme	surimi

Egg is sometimes found in the following:

baked goods	marzipan
egg substitutes	marshmallows
lecithin	nougat
macaroni	pasta

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.

How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

Avoid foods that contain shellfish or any of these ingredients:

barnacle	lobster (<i>langouste</i> ,
crab	<i>langoustine, Moreton bay bugs, scampi, tomalley</i>)
crawfish (<i>crawdad, crayfish, ecrevisse</i>)	prawns
krill	shrimp (<i>crevette, scampi</i>)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone	oysters
clams (<i>cherrystone, geoduck, littleneck, pismo, quahog</i>)	periwinkle
cockle	scallops
cuttlefish	sea cucumber
limpet (<i>lapas, opihi</i>)	sea urchin
mussels	snails (<i>escargot</i>)
octopus	squid (<i>calamari</i>)
	whelk (<i>Turban shell</i>)

Shellfish are sometimes found in the following:

bouillabaisse	seafood flavoring (<i>e.g., crab or clam extract</i>)
cuttlefish ink	surimi
fish stock	
glucosamine	

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

How to Read a Label for a Tree Nut-Free Diet

All FDA-regulated manufactured food products that contain a tree nut as an ingredient are required by U.S. law to list the specific tree nut on the product label.

Avoid foods that contain nuts or any of these ingredients:

almond	Nangai nut
artificial nuts	natural nut extract (<i>e.g., almond, walnut</i>)
beechnut	nut butters (<i>e.g., cashew butter</i>)
Brazil nut	nut meal
butternut	nut meat
cashew	nut paste (<i>e.g., almond paste</i>)
chestnut	nut pieces
chinquapin	pecan
coconut	pesto
filbert/hazelnut	pili nut
gianduja (<i>a chocolate-nut mixture</i>)	pine nut (<i>also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nut</i>)
ginkgo nut	pistachio
hickory nut	praline
litchi/lychee/lychee nut	shea nut
macadamia nut	walnut
marzipan/almond paste	

Tree nuts are sometimes found in the following:

black walnut hull extract (*flavoring*)
natural nut extract
nut distillates/alcoholic extracts
nut oils (*e.g., walnut oil, almond oil*)
walnut hull extract (*flavoring*)

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.

What is Cross-Contamination?

Cross-contamination occurs when a safe food, or otherwise clean surface accidentally comes into contact with a food allergen such as peanut, nuts, seafood, milk, etc. When a food comes into contact with another food, their proteins mix. As a result, each food now contains small amounts of the other food that are often invisible to us. This is called cross-contamination. Even these small, trace amounts can cause potentially life-threatening or fatal allergic reactions. Although not everyone with food allergy is this sensitive, it's still important to be very careful and follow precautions.

Cross-contamination can occur during prepackaged food production because most manufacturers process a variety of foods on the same production line (ie, "may contain" warnings on ingredient labels). It can also happen in restaurant/bakery prepared foods and homemade food preparation from shared equipment, shared surfaces, shared storage, shared cleaning supplies, and insufficient cleaning of all these things.

Cross-contamination also can occur from direct or indirect contact with hands/mouths. Direct contact happens when an allergic person touches the offending allergen and has a contact reaction, or then puts their hands in their mouth, eyes or nose where the allergen enters their body. Indirect contact is when non-allergic individuals get an allergen on their hands then touch a chair or table, leaving a smear or even a trace of it behind. If an allergic person is the next to use that table or chair and touches that residue (then their mouth, eyes or nose), this could be enough to cause a reaction. However, recent research shows that simply being near allergens or allergen containing foods will not cause life-threatening reactions in most cases.

Cross-contamination can occur in the school setting in areas that include, but are not limited to, the following:

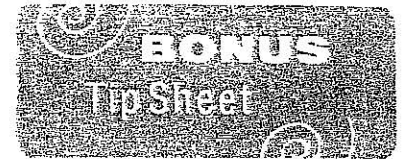
- in cafeteria food preparation, special lunches from restaurants, and other students' lunches from home
- on lunch tables, water fountains, playground equipment
- in homemade, bakery, or prepackaged snacks/treats
- in classrooms on shared desks, materials/supplies, computers, gym equipment, library books, door knobs, and other shared surfaces.
- on shared cleaning supplies such as sponges
- on staff's and other students' hands and mouths
- on field trips

Therefore, the goal in the school setting is to reduce the very real risk of allergen exposure and reactions from cross-contamination via ingestion, contact, or inhalation. Establishing allergen-restricted areas throughout the school (ie, classroom or lunch table), following a safe food list in the classroom, performing proper cleaning of shared surfaces/equipment with clean toweling and solution, and washing or using a wet wipe method to clean students' hands can help minimize cross-contamination in the school environment.

References:

Allergy Asthma Information Association at <http://www.calgaryallergy.ca/aaia.html>. "What is Cross-Contamination?", revised August 2000.

Food Allergy and Anaphylaxis Network (FAAN) at www.foodallergy.org. Understanding Food Labels and Cross-Contact Booklet, Updated 3/07



Constructive Classroom Rewards

Rewarding children in the classroom need not involve candy and other foods that can undermine children's diets and health and reinforce unhealthy eating habits. A wide variety of alternative rewards can be used to provide positive reinforcement for children's behavior and academic performance.

"It's just a little treat:" the harm in using food to reward children

Schools should not only teach children how to make healthy choices and to eat to fulfill nutritional needs, but also should provide an environment that fosters healthy eating. Providing food based on performance or behavior connects food to mood. This practice can encourage children to eat treats even when they are not hungry and can instill lifetime habits of rewarding or comforting themselves with food behaviors associated with unhealthy eating or obesity. Awarding children food during class also reinforces eating outside of meal or snack times.

Since few studies have been conducted on the effect of using food rewards on children's long-term eating habits, the best policy is not to use food to reward children for good behavior or academic performance. At minimum, children should not be rewarded using foods of poor nutritional quality. (Note: classroom parties are covered by this policy.)

The value of rewarding children (with non-food rewards)

As teachers know, classroom rewards can be an effective way to encourage positive behavior. Children, like everyone, alter their actions based on short-term anticipated consequences. When trying to foster a new behavior, it is important to reward a child consistently each time he or she does the desired behavior. Once the behavior has become an established habit, rewards can be given every now and then to encourage the child to maintain the preferred behavior.

The ultimate goal of rewarding children is to help them internalize positive behaviors so that they will not need a reward. Eventually, self-motivation will be sufficient to induce them to perform the desired behavior, and outside reinforcement will no longer be necessary.

Physical activity and food should not be linked to punishment

Punishing children by taking away recess or physical education classes reduces their already-scarce opportunities for physical activity. Another counter-productive punishment is forcing children to do physical activity such as running laps or pushups. Children often learn to dislike things that are used as punishments. Thus, penalizing children with physical activity might lead them to avoid activities that are important for maintaining wellness and a healthy body weight. In addition, food should not be withheld as a means of punishing children. The U.S. Department of Agriculture prohibits withholding meals as a punishment for any child enrolled in a school participating in the school meal programs.¹

¹ U.S. Department of Agriculture (USDA), *Prohibition against Denying Meals and Milk to Children as a Disciplinary Action*. Alexandria, VA: USDA, 1988.

**Examples of
beneficial
(and inexpensive)
rewards for
children**

Social rewards

"Social rewards," which involve attention, praise, or thanks, are often more highly valued by children than a toy or food. Simple gestures like pats on the shoulder, verbal praise (including in front of others), nods, or smiles can mean a lot. These types of social rewards affirm a child's worth as a person.

Recognition

- Trophy, plaque, ribbon, or certificate or a sticker with an affirming message (e.g., "Great job")
- Recognizing a child's achievement on the school-wide morning announcements or the school's website
- A photo recognition board in a prominent location in the school
- A phone call, email, or letter sent home to parents or guardians commending a child's accomplishment
- A note from the teacher to the student commending his or her achievement

Privileges

- Going first
- Choosing a class activity
- Helping the teacher
- Having an extra few minutes of recess with a friend
- Sitting by friends or in a special seat next to or at the teacher's desk
- "No homework" pass
- Teaching the class
- Playing an educational computer or other game
- Reading to a younger class
- Making deliveries to the office
- Reading the school-wide morning announcements
- Helping in another classroom

Rewards for a class

- Extra recess
- Eating lunch outdoors
- Going to the lunchroom first
- Reading outdoors
- Holding class outdoors
- Extra art, music, PE, or reading time
- Listening to music while working
- Dancing to music

School supplies

- Pencils, pens
- Erasers
- Notepads/notebooks
- Boxes of crayons
- Stencils
- Stamps
- Rulers
- Glitter
- Plastic scissors
- Bookmarks
- Highlighters
- Chalk (e.g., sidewalk chalk)
- Markers
- Coloring books
- Pencil sharpeners, grips, or boxes
- Gift certificate to the school store

Sports equipment and athletic gear

- Paddleballs
- Frisbees
- Water bottles
- NERF balls
- Hula hoop
- Head and wrist sweat bands
- Jump rope

2 Some examples adapted from "Alternatives to Using Food as a Reward," Michigan Team Nutrition (a partnership between the Michigan Department of Education and Michigan State University Extension), 2004. Accessed at <http://www.tn.fcs.msu.edu/foodrewards.pdf> on November 8, 2004.

Toys/trinkets

- Stickers
- Yo-yos
- Rubber balls
- Finger puppets
- Stuffed animals
- Plastic or rubber figurines
- Toy cars, trucks, or airplanes
- Puzzle games
- Slinkies
- Gliders
- Magnifying glasses
- Spinning tops
- Marbles
- Jacks
- Playing cards
- Stretchy animals
- Silly putty
- Bubble fluid with wand
- Balloons
- Capsules that become figures when placed in water
- Inflatable toys (balls, animals)
- Small dolls or action figures

Fashion wear

- Temporary tattoos
- Hair accessories
- Bracelets, rings, necklaces
- Sunglasses
- Shoe laces
- Eyeglasses with nose disguise
- Hat or cap
- T-shirt
- Sneaker bumper stickers

Miscellaneous

- Key chains
- Flashlights
- Cups
- Magnets
- Backscratchers
- A plant, or seeds and pot for growing a plant
- Books
- Crazy straws

A token or point system, whereby children earn points that accumulate toward a bigger prize.

Possible prizes include those listed above and:

- Gift certificate to a bookstore or sporting goods store
- Movie pass or rental gift certificate
- Ticket to sporting event
- Puzzle
- Book
- Step counter (pedometer)
- Sports equipment, such as tennis racket, baseball glove, soccer ball, or basketball
- Stuffed animal
- Magazine subscription
- Board game

Children can be given fake money, tokens, stars, or a chart can be used to keep track of the points they have earned. Points can be exchanged for privileges or prizes when enough are accumulated. A point system also may be used for an entire class to earn a reward. Whenever individual children have done well, points can be added to the entire class's "account." When the class has earned a target number of points, then they receive a group reward.

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Food Allergy Education Support Resources
Available thru District 96

Contact the District Nurse at ext. 7735 to reserve and/or check out any of the following educational resources:

The School Food Allergy Program: A Comprehensive Program for Managing Food Allergies

Produced and distributed by The Food Allergy and Anaphylaxis Network (FAAN)1995, revised 2000, updated 2005

Description: Comprehensive source of information for school personnel regarding basic information on food allergy basics and treatment, Consists of a 3 ring binder with 104 pages of information, a CD with information and demonstration of method of administration of epinephrine and a demonstration auto injector device.

P.A.L. Program- developed by the Food Allergy and Anaphylaxis Network

Description: Food allergy awareness program developed for teacher use in the classroom to educate classmates of the food allergic child. Includes free posters/brochures, educational worksheets, activity booklets and award certificates.

Alexander, the Elephant Who Couldn't Eat Peanuts –primary grades video

Description: Award winning video/DVD, combines the animated story of a peanut-allergic elephant with interviews of children who have allergies. Run time:9:30.

Alexander, the Elephant Who Couldn't Eat Peanuts Goes to School – primary grades video

Alexander's Fun and Games: A FAN Kid's Activity Book

Alexander the Elephant books - Alexander's Special Day at School, Alexander and His Pals Visit the Main Street School

EpiPen Administration Instructional DVD (Dey)

Websites – coming soon

SAMPLE

Dear PTO Head Room Parent / Parent Volunteers for classroom parties for Teacher's Class,

Thank you for volunteering your time to be Head Room Parent or party volunteer. As you may know, we have a student in class this year with **SEVERE food allergies to PEANUTS and TREE NUTS.**

This is of the utmost concern because this child could have a **LIFE-THREATENING** allergic reaction if a food product containing any form of peanuts (peanut butter/oil/flour) or tree nuts (walnuts, almonds, cashews, etc. and their butters/oils/flours) is **eaten or touched**.

We kindly ask for your cooperation. Please help us keep a safe peanut and tree nut restricted environment within the classroom by following these guidelines for classroom parties (Halloween, Winter, and Valentine's Day):

For Treat and Drink Volunteers:

- Refer to the important instructions at the top of page 1 on the attached "**Safe Treat List**".
- Select treats/drinks from the attached "**Safe Treat List**" **ONLY**. Other items will not be allowed in the classroom.
- **Notify the Head Room Parent of what the treat/drink will be (exact item chosen from the "Safe Treat List") a week before the party so she/he may inform the teacher and get approval.**
- Drop off all food or drink items in the school office **by 10:00 am the morning of the party** to be checked by the nurse in advance so we may ensure the safety of all students in the classroom.

For Craft and Game Volunteers:

- Do NOT use any food items or food containers for craft, game, and prize materials, or for any give-aways.
- **Notify the Head Room Parent of what the craft/game will be a week before the party so she/he may inform the teacher and get approval.**

Also, please be advised that ALL parents are asked to NOT bring in any extra treats/candy for classroom parties, and to NOT attach any candy/treats to holiday cards. However, they may consider non-food items instead (pencils, stickers, etc.).

If you have any questions regarding this situation, please feel free to contact your principal or teacher. Thank you in advance for helping us provide a healthy and safe environment for all our students!

Sincerely,

_____, Principal _____, Teacher _____, School Nurse