

Appendix B – Peanut / Tree-Nut Free Policy



St. Joseph's School initiates every effort to ensure students have a safe and secure environment to learn and grow in. Due to the growing number of students with nut allergies, many of which are severe, St. Joseph's School campus (excludes Church) will be free of peanut and tree nut products. To fully protect students with anaphylaxis allergies, St. Joseph's School does not permit students to bring snacks and/or lunch that contain nuts or nut products. If a cold lunch containing peanuts or tree-nuts is brought to school, the student will be asked to eat away from the main dining area and parents will be reminded of this policy. Snacks brought containing peanuts / tree-nuts will be kept in the school office and returned home at the end of the day.

St. Joseph's School staff is prepared to respond in the event that an anaphylaxis reaction occurs; however, with a strong partnership between home and school, all St. Joseph's School students with allergens can be assured that the threat is minimized.

For reference, below is a list of items (among many others) that would be acceptable lunch and/or snack choices as well as a list of consumable items to avoid.

Peanut and Tree Nut – Free Snacks and Lunch Items:

Yogurt	Fruit Roll-Ups	Pudding	Tortilla Chips/Salsa
Applesauce	Canned Fruit	Veggies	Fresh Fruit
Teddy Grahams	Granola Bars (not peanut)	Jell-O	Pretzels
Animal Crackers	Graham Crackers	Boiled Eggs	Bagel/Cream Cheese
Cottage Cheese	Saltine Crackers	Cheese	Popcorn
Raisins	Granola	Cheez-Itz	Unsweetened Cereal
Dairy Products	Meats	Bread	Milk
Pasta	Juices	Sun Seeds	Soups
Pizza	Muffins (no nuts)	Hot Chocolate	Beans
Salad	Rice	Chili	Hummus

***Alternatives for peanut butter are *Sunbutter* (sunflower product) and *Wow! Butter* (soy product)**

Appendix B – Peanut / Tree-Nut Free Policy (Continued)

Please do NOT send the following to school:

Peanut butter (including Nutella)	Trail mixes or dried fruit with nuts
Cereals with nuts	Salads with nuts
Candy or cookies containing nuts	Almond paste or extract
Loose nuts of any kind (peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, pecans, pistachios, etc.)	

Please make sure to check labels for all purchased/processed items as well. The Food and Drug Administration requires all manufacturers to list on their labels if peanuts and/or tree-nuts are in their product.

Label Key:

<p>Food that contains: Tree nuts or peanuts in the ingredient list.</p> <p>DO NOT BRING TO SCHOOL</p>	<p>Food that is: “Made on equipment that processes nuts or peanuts” OR “May contain traces of peanut or tree-nut residue.”</p> <p>DO NOT BRING TO SCHOOL</p>	<p>Food that is: “Made in a facility that processes nuts or peanuts”</p> <p>ACCEPTABLE PRODUCT TO BRING TO SCHOOL</p>
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