



PEANUT AND NUT ALLERGY AWARENESS

Dear Parents,

As you know, the Fun with French Preschool is a **peanut/nut free preschool**, run within a peanut/nut free school.

Children with a peanut/nut allergy who touch, taste or smell peanuts/nuts could have an anaphylactic reaction (this is a severe allergic reaction that can begin and proceed rapidly, occasionally proving fatal within minutes). This would require the injection of epinephrine by Epi-pen and an immediate "911" call.

As a preschool community we all need to be part of ensuring the safety of these children. We believe that this can be accomplished through education, compassion and cooperation between our families' homes and our preschool.

Attached is information which covers some foods that are prohibited from preschool. Please carefully read all labels. **Anything labeled "May contain traces of nuts or peanuts" should NOT be sent to school.** Do not send any home baked foods that may have come into contact with nuts/peanuts when sending your child's snack to school. Sharing or trading of foods at snack time is not allowed.

Please take the time to read this very important information and thank you very much in advance for your cooperation in this matter. I know that you will understand and appreciate the seriousness of this condition and consider what our children's safety means to us all.

HEALTHY PEANUT FREE SNACK IDEAS

- Yogurt mixed with fruit or with fruit on the side for dipping
- Whole grain muffin (make a large batch ahead of time and freeze, so you can pull them out as you need them)
- Carrot sticks, cherry tomatoes (or any crunchy veggies) with ranch dressing or a favorite dip
- Homemade trail mix with cereal, pretzels, raisins
- Sliced meat wrapped around cheese sticks
- Fresh fruit, fruit salad, mixed dried fruit
- Hard boiled egg
- Graham or animal crackers
- String cheese and bread sticks
- Celery sticks stuffed with soft cheese
- Half a bagel with cheese
- Mini-pitas stuffed with cheese
- Whole grain cereal
- Cheese and crackers
- Bear Paw cookie snacks

FOODS THAT ARE PROHIBITED FROM PRESCHOOL

- Peanut Butter
- Peanut Oil
- Arachis Oil
- Cold pressed Peanut Oil
- Tree Nuts
- Ground Nuts
- Goober Nuts
- Beer Nuts
- Earth Nuts
- Monkey Nuts
- Nu-Nuts
- Kernal Paste
- Mandelona Nuts
- Cacahuete (Cacahuete)
- European Chocolate
- Shellfish
- Hydrolyzed Vegetable Protein and/or Hydrolyzed Plant Protein-source may be peanut based
- Baking from home that may have come in contact with any source of peanut/nut
- ANY food where the label states "May Contain Traces of Peanuts or Nuts"

*** When purchasing granola bars or other treats, make sure to look for the peanut free symbol on the packaging, and always read the label to ensure that the ingredients have not changed. ***

