

HSCS Nut-Free School Policy 2020

(Effective February 3, 2020)

Holy Spirit Catholic School is built on a foundation of love and support that honors the goodness and unique gifts of every student. This school year we have students and staff with severe nut allergies. HSCS, recognizing that food allergies may be severe and even life threatening, has implemented a Nut-Free School Policy.

While considering all options to manage food allergy exposure at our school, we realized that any compromise to this policy would present an increased safety risk. We feel it is our duty as a school community to reduce that risk as much as possible and implementing this nut-free policy is the best way to do this. We thank you for helping us maintain a safe environment for all of our students and staff.

We ask that no nuts of any kind be brought into our school for any reason. Foods sent in for snack, lunch, or any class event (including parties, field trips, etc.) should be carefully checked to make sure they are nut-free. Families can help ensure that our school stays nut-free by reading packaging labels and reminding children not to share food with other children at school. We need to make sure that there is little opportunity for a child to be exposed to foods that could harm him/her.

SCHOOL/STAFF RESPONSIBILITY

- HSCS will maintain a completely Nut-Free campus.
- Information pertaining to a student's allergies will be shared with faculty and staff who have contact with the student, but otherwise will be kept as confidential as possible.
- HSCS will provide anaphylaxis training opportunities for staff.
- HSCS will keep epinephrine on campus and in field trip first aid kits for treatment of an anaphylactic response.
- HSCS will strive to instruct staff and faculty to recognize symptoms of an allergic reaction and to respond appropriately as necessary.

PARENT/STUDENT RESPONSIBILITY

Please do **NOT** send any kind of nuts to school, including the following:

- Peanut butter or any other nut butter including Nutella
- Crackers with peanut butter or other nut butter filling
- Any muesli bar, biscuit or other product that list nuts as an ingredient
- Trail mixes with nuts, granola bars with nuts, or dried fruit with nuts
- Cereal with nuts (EG: Honey Nut Cheerios)
- Nuts in salad
- Candy or cookies containing nuts
- Anything cooked in peanut oil or other nut oil that has been cold pressed, expelled or extruded
- Please make sure that you always check the labels on the food you are sending in to school. The FDA requires all manufacturers to list on their label if peanuts and/or tree nuts are in their product. If it says peanuts/tree nuts are contained in the food, consider it a banned item. Remember – manufacturing processes change, so a food that was safe, may not continue to be. It's still important to read the ingredient label each time you purchase a food.
- Food labels that say: --- "May contain peanut or tree nuts" are **NOT OK** to bring to school.
- Food labels that say: --- "Made on equipment that also processes peanuts or tree nuts" are **NOT OK** to bring to school.
- Food labels that say: --- "Processed in a facility that also processes peanuts or tree nuts" are **NOT OK** to bring to school.
- Parents of students with allergies may submit to the School Office protocols designed to avoid exposure to certain foods.

- Parents of students with life-threatening allergies must provide HSCS with emergency medications and a written medical treatment protocol for their student for addressing allergy-related events. The School Office will maintain the medication and information.
- Parents are responsible to educate their child about managing his/her allergy at school.
- Holy Spirit Catholic School cannot guarantee that a student will never experience an allergy-related event while at school. HSCS is committed to student safety, and therefore has created this policy to reduce the risk that children with allergies will have an allergy-related event.

Peanut & Nut-Free Lunch, Snack & Treat Ideas

- Yogurt – plain or mixed with fruit
- Baked tortilla chips with salsa
- Fruit Roll-ups
- Applesauce
- Fresh fruit
- Pretzels
- Unsweetened cereal
- Graham or goldfish crackers
- Hard-boiled egg
- Bagel w/ cream cheese
- Low/No fat cottage cheese
- Popcorn (NO Crunch-N-Munch)
- Saltine crackers
- Cheese or cheese sticks
- Raisins
- Cheez-Itz
- Breads – no nuts
- Spaghetti
- Fruit/vegetable juice
- Vegetable sticks
- Sunflower seed butter
- Cold meats
- Pita bread
- Muffins
- Refried beans
- Crackers
- Macaroni & cheese
- Salad
- Custard, puddings
- Lentil soup
- Meatloaf
- Pasta or rice salad
- Soups with rice or pasta
- Hummus

Try This - Nut free imitation peanut butter! It was brought to our attention that there are good tasting imitation or alternate peanut butter products at our local markets, such as:

- Biscoff Cookie butter found at Walmart, Albertsons, and Winco Foods
- Sunflower butter found at Walmart, Fred Meyer and Winco Foods
- Speculoos Creamy Cookie spread found at Walmart

Nut Allergy Resources

www.peanutfreeplanet.com

www.snacksafely.com (snacks)

www.holleygrainger.com (snacks)

www.nemourskidshealth.com

www.urbantastebud.com (candy)

www.theleangreenbean.com

We appreciate your cooperation with this policy---and your help in keeping our students safe and healthy.