

QUESTIONS AND ANSWERS ABOUT OUR NUT-FREE SCHOOL

Q. Which foods may not be sent into school?

A. Products that contain nuts of any kind may not enter school!

Any foods manufactured on machinery that is used for nuts may not enter school!

The following additional items may not enter school:

- Dunkin Donuts/Munchkins
- Bakery items such as cakes, cupcakes, donuts and cookies
- Candy Bars
- M&M's
- Granola Bars
- Trail Mix

Q. How can I check food labels to be sure that items meet the nut-free guidelines? Do I also need to check the list of ingredients?

A. Be sure to read the **food label** as well as the **list of ingredients** on the package.

Please note that since January 1, 2006, manufacturers have been required to list the top eight food allergens in either the body of the ingredients or in boldface print after the list of ingredients. If the product is manufactured on equipment, which also processes nuts, this information will be noted after the ingredients, as well.

Q. If I buy a product one time, and the label and ingredients indicate that the product does meet the nut-free guidelines, does this mean that the product will always be ok?

A. Not necessarily, as ingredients within products sometimes change. So please **always** check the labels and ingredients, each time you purchase a product.

Q. May I send my child to school with home - cooked or home-baked items in his/her lunchbox or snack bag?

A. Yes, you may prepare your child's food at home, but please just be sure that you first **thoroughly wash** any pans and utensils that may have been used to cook products that contain nuts.

Q. What happens if my child brings in an item that contains nuts, or was manufactured on machinery that is used for nuts?

A. We will kindly ask your child to give us the food in question, and then we will call you so that you can arrange for another food choice for your child. We will keep the food collected, in a zip loc bag for you, and will give it back to you when you either come to school with the new food for your child, or at the end of the day.

Q. Do the nut-free guidelines apply to SKIP (AM/PM) as well as to any before and after school activities that take place in our building?

A. Yes, the nut-free guidelines apply to those activities, as well as to any activities that take place within our building.

Q: If my child does bring food that is on the “not approved” list, and another child has an allergic reaction to that food, would I be liable for any medical issues that the child experiences as a result? Would my child be liable, as well?

A: Neither you and/or your child would be liable if this scenario were to occur.