

## MSPCS NUT FREE POLICY

Miami Shores Presbyterian Church 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 with severe nut allergies. MSPCS, 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.

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**

- MSPCS 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.
- MSPCS will provide anaphylaxis-training opportunities for staff.
- MSPCS will keep student issued epinephrine in the main office and bring on field trips for treatment of an anaphylactic response.
- MSPCS will strive to instruct staff and faculty to recognize symptoms of an allergic reaction and to respond appropriately as necessary.

### **PARENT/STUDENT RESPONSIBILITY**

- 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 protocols designed to avoid exposure to certain foods.
- Parents of students with life-threatening allergies must provide MSPCS with emergency medications and a written medical treatment protocol for their student for addressing allergy-related events. The School Office Manager will maintain the medication and information.
- Parents are responsible to educate their child about managing his/her allergy at school.
- Miami Shores Presbyterian Church School cannot guarantee that a student will never experience an allergy-related event while at school. MSPCS 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.

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

### **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!

Brought to our attention by a Waves' mom, we can't believe how good this imitation peanut butter is. There are two brands in a variety of sizes available for purchase at [PeanutFreePlanet.com](http://PeanutFreePlanet.com).

#### Nut Allergy Resources

<http://www.kidswithfoodallergies.org/page/tree-nut-allergy.aspx>

<http://www.foodallergy.org>