Dear Parents,

The Basilica School is built on a foundation of love that honors the goodness and unique gifts of every child. This school year we have a number of children with severe peanut allergies. As a school dedicated to the some of the youngest members of our community, we understand that many of our students are not old enough to make sound decisions when it comes to what should go into their mouths and are less able to manage their allergies. And while our staff does an amazing job of cleaning and wiping down playing surfaces, toys, and chairs, there are some children within our school who could have a serious allergic reaction from contact with even a microscopic amount of the offending foods. As we work on transition with the little ones, there are many instances where children use common space within our building and it is because of this that **we have decided to make this classroom Peanut/Tree Nut-Free this year.**

We ask that no peanuts or tree nuts be brought into your student’s classroom. Foods sent in for snack, lunch, or any class event (including parties, field trips, etc.) should be carefully checked to make sure they are peanut/tree nut-free. Families can help ensure that our school stays peanut/tree 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.

For your reference we have compiled a list of items that should not be brought in to school, along with ideas for a Peanut/Tree Nut-free lunch, snack, and treats. All of this information will be available on our website for you to refer to throughout the school year.

We appreciate your cooperation with this policy—the sacrifice of not having nuts or nut products in the classroom is a small one to make compared to the consequences a child with severe allergies could face. If you have any questions, please feel free to contact Mr. Robert Wright. God bless you and thank you for your cooperation.

**Peanut & Tree Nut-Free Snacks & Treats**

Yogurt – plain or mixed with fruit Fruit Roll-ups Pudding Cups

Baked tortilla chips with salsa Applesauce Canned fruit in juice

Vegetables with dip Fresh fruit Teddy Grahams

Low-fat granola bars (not peanut) Jell-O pudding bites Pretzels

Unsweetened cereal Soy butter/crackers Animal crackers (Barnum)

Graham or goldfish crackers Hard-boiled egg Bagel w/ cream cheese

Low/No fat cottage cheese Saltine crackers Cheese or cheese sticks

Popcorn (NO Crunch-N-Munch) Fruit cocktail Raisins

Low-fat granola Cheez-Itz Fruit Loops cereal

Grain Products Vegetables & Fruits Dairy Meat & Alternatives

Breads – no nuts Fresh fruit Milk Hard-boiled eggs

Rye-cracked wheat Canned fruit in juice Cheese Soy butter with jelly

Spaghetti Fruit/vegetable juice Low-fat cottage cheese Sunflower seed butter

Bagels Vegetable sticks Cream soups Cold meats

Pita bread Coleslaw Low-fat yogurt Pizza

Muffins Vegetable soup Hot chocolate Refried beans

Crackers Salad Custard, puddings Lentil soup

Macaroni & cheese Raisins String cheese Meatloaf

Pasta or rice salad Cheese slices Chili

Soups with rice or pasta Hummus

**Please do NOT send any of the following to school:**

Peanut butter or any other nut butter including Nutella

Crackers with peanut 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

Loose nuts of any kind (peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, coconut, pecans, pistachios, etc.)

Anything cooked in peanut oil that has been cold pressed, expelled or extruded

All nut pastes (EG: Almond paste)

All nut extracts (EG: Almond extract – used in making various cookies)

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 or contain peanut or tree nuts” are **NOT OK** to bring to school to eat.

Examples: *Quaker Granola Bars S’mores flavor: May Contain Traces of Peanuts.*

Food labels that say: ― “Processed in a facility that also processes peanuts & nuts” are **OK** to bring to school for personal consumption.