



NUT FREE POLICY

Dear Parents,

I want to inform you of a life-threatening condition due to a food allergy, which affects children in our school.

The name of this fatal condition is anaphylaxis. A person with this condition goes into anaphylactic shock immediately after exposure to the allergy causing substance. In a child in as little as three minutes the throat and larynx swells, - cutting off oxygen, suffocation begins, blood pressure drops followed by heart failure, coma and death.

In the case of these children in our school the food allergen is **ALL NUTS, NUT OILS, NUT BUTTERS, NUT FLOURS, NUT FLAVORINGS AND SPICES, (i.e. Nutmeg) and their by-products.**

The amount of "NUT" exposure needed to cause this life-threatening reaction is so minute perhaps not even viewable to the eye. This child can go into anaphylactic shock BY NOT ONLY eating the product BUT ALSO BY smelling and/or touching via direct or indirect contact. Touch contact can occur by touching a table where a nut butter sandwich or cracker was on, holding hands with a child who was in direct or indirect contact with food, or even playing with toys, books or anything that was handled by someone who was in contact with food. You can only begin to imagine how fast the food allergen is spreadable in a Nursery school setting.

If a child comes into any contact with "NUTS" he must be given an injection of epinephrine and taken immediately to the hospital for treatment. This in itself is a traumatic experience for the child not to mention a life-threatening one. As parents, I am sure you can understand the horrific and endless worry the parents of this child feel, and the enormous responsibility of our staff.

Given this, we made the decision many years ago to ban of **ALL NUTS, NUT OILS, NUT BUTTERS, NUT FLOURS, NUT FLAVORINGS AND ANYTHING THAT WAS MADE IN A FACTORY THAT ALSO PRODUCES NUTS and their by products from our school. This will include our extended day lunch program.**

Should your child eat or come into contact with products containing "NUTS" please take the time to wash their hands and face before arriving at school. Also, we ask that all food items eaten on the way to school be finished before entering the building and to inform the teachers so the hands and face can be washed immediately upon entrance to the classroom. We will provide all snacks in the classrooms.

We ask that you all please understand that our intentions are not to restrict or frighten you, but rather to create a safe and healthy environment for all our children. We are confident by all of us working together; we will be able to overcome any obstacles that may arise.

The school has decided that there will be **no** eating in the school wing except for a prepared enclosed lunch and school provided snacks. Birthday celebrations and Shabbat snacks must be discussed with your child's teacher **before food is brought into school.**

Again, we realize this may be an inconvenience for some but we hope the seriousness of this condition outweighs in the inconvenience. As parents, teachers, and administrators we are and always will be concerned for the health and safety of our children.

On behalf of B'nai Israel Bonim Preschool, I thank you whole-heartedly for your cooperation.

Sincerely,

Alexa Cohen, Director of Early Childhood Education