

My child is in a *Nut Free classroom*. What does that mean? We have many students in our school that have severe life-threatening allergies. The most common are to peanuts and tree nuts. In an effort to make our school environment as safe as possible we are providing nut free classrooms for those students with the most severe allergies. Being in a nut free classroom does not mean your student can't bring any nut products for lunch. It does mean that they can't have any foods containing nuts, outside of their lunchbox, in the classroom. It also means that we need to be careful about special foods that are sent to school for the class. Please, only send birthday treats or party snacks in clearly labeled, pre-packaged, sealed wrappers/containers. (Non-food items such as pencils, pens or stickers, are a good alternative.) All special foods brought in must be approved by the school nurse before being allowed in the classroom. Please refer to this [list of nut free snacks](#).

snacksafely.com/safe-snack-guide/

A PDF copy of the list stated above has been added to the clinic page for your convenience.

I received a letter saying the *school is Nut Aware*. Does this mean my child can't take nut products to school? No. It simply means that we want you to be aware that we have students in our school that have severe life-threatening allergies to peanuts and tree nuts and to inform yourself about the dangers. We have taken steps to provide Nut Free classrooms for those with the most severe allergies. In an effort to reduce the risk of their exposure to these allergens we are asking you to minimize the amount of nut products you bring into the building. We have provided a [list of nut free snacks](#) for your convenience. Also, we've provided some links below to some very informative websites.

www.foodallergy.org

snacksafely.com/safe-snack-guide/