



Empowered for Success

September 2018

Dear Parent(s)/Guardian(s),

It's that time of year again when it's important to send to you a reminder regarding the allergy protocol at our school. **Please take time to read this information.**

We have students in our school who have **airborne allergies** to the following foods:

- All nuts
- All fish
- All shellfish

Air borne allergies to food mean that an individual simply needs to inhale and swallow the protein that is released from the food to trigger an allergic reaction, possibly **anaphylaxis**. Anaphylaxis is a severe reaction that is sudden and potentially life-threatening. It will make airways swell and cause blood pressure to drop. As a result, a person may have trouble breathing and could lose consciousness. To prevent this from happening to any of our students who have air borne allergies to foods, we must maintain strict avoidance of the above mentioned foods. **It is very important that you do not send to school any foods that may contain any trace of the above ingredients. We must not become complacent when it comes to the safety of all of our students.**

Always read ingredient labels carefully to be sure that any of the above food allergens are not present. Sometimes a food may appear to not contain any of the foods listed above, but could be processed in a plant that processes one or more of the above food allergens – especially nuts. This food would then be considered non-acceptable as it may contain traces of the food allergen as a result of cross-contamination. **Muffins, cookies, cakes, etc. that come from a bakery, store or restaurant are considered Banned Foods as they may be contaminated due to cross-contamination. Please be diligent in making sure that any food items that you bake yourself and send to school is free of the above allergens. It is difficult for teachers to monitor home baked goods and their ingredients. Any yogurts, puddings, fruit drinks or any other food that may contain nuts, tree nuts or shellfish are NOT acceptable.** Also, if your child has eaten any of these products prior to coming to school (breakfast and/or lunch), please be sure your child's hands have been washed and their teeth thoroughly brushed before entering the school.

It is important to bring to your attention that we have others food allergies in our school as well. **These allergies include egg (anaphylaxis), bananas (anaphylaxis), green peas (anaphylaxis) and kiwi.** While these food allergies are not air-borne allergies they are still considered severe food allergies. These particular foods trigger an allergic reaction by contact or ingestion. These foods are **not banned** from our school. Because of that **it is very important for you to talk to your child about food allergies and teach them about the importance of not sharing any food, eating utensils or food containers with other students.**

Please note that the school canteen is operating during recess for all students (K-12). **Foods sold are all air- borne allergen free.** This means that snacks sold are free of all nuts, all shellfish, all fish.

For more information regarding food allergies at our school, please visit the school website (www.ericglambert.ca). Eric G. Lambert School thanks you for your continued understanding, support and diligence in helping to ensure that our school is a safe and healthy environment for all of our students.

Thank you,

Sandra Lane

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Vice-Principal: Sandra Lane, B.A., BEd, MEd

Secretary: Elizabeth Thorne

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Acceptable Foods

- Cheese Strings / Cheese Slices
- canned fruit
- All varieties of fresh fruit
- Kraft Handi Snacks (cheese or cheese whiz)
- Bear Paws Crackers (cheddar or vegetable)
- Yogurt Tubes / Minigos
- Snack Pack Tapioca Pudding
- Premium Plus Soup Crackers
- Juice Boxes
- Goldfish Crackers
- Teddy Graham Crackers – honey flavor
- Honey Graham Crackers
- Nutrigrain Bars
- Whole Wheat and White Bread
- Raisins
- White Milk
- Thinsations Pretzels
- Crispers
- Yop Yogurt Drink
- All Vegetables
- Marzetti Dips for vegetables
- Salsa (Tostitos)
- Tostitos Multigrain Chips
- Ritz Crackers (Roasted Vegetable)
- Christie Brand Cheese Bites
- Christie Brand Cheese Nips
- Mr. Christie Animal Cracker Snack Packs
- Gattuso Instant Soups
- Jello Brand Fat Free Vanilla Pudding
- Compliments Vanilla Pudding
- Apricots
- Prunes
- Quaker Crispy Minis

This list is only meant to serve as a guide and is by no means inclusive of all safe and unsafe foods. Please be sure to READ THE INGREDIENTS LIST OF ALL FOOD YOUR CHILD MAY BRING TO SCHOOL.

Banned Foods

Please read all ingredients lists, and avoid any foods that contain or may contain traces of nuts and/or tree nuts, all shellfish or all fish.

- Peanut Butter
- **NO Peanut Butter or WOW** (could too easily be confused with peanut butter)
- Nutella
- Granola Bars
- Kellogg's fruit Krisps (contains trace of nuts)
- Trail Mix
- Cookies or Chocolate Bars that contain nuts or peanuts
- **Generally, anything from a store bakery, bakery or doughnut shop. These may contain nuts or trace of nuts.**
- Any foods containing tree nuts such as walnuts, cashews, pecans or pistachio
- Hazelnut Coffee Cream
- **All Fish** – cod, tuna, salmon...
- **All Shellfish** – crab, lobster, mussels...
- Diana BBQ sauce (contains anchovies)

It is only those foods that pose a threat as an airborne allergen that are **banned** from the school. These are any food items that contain or may contain all nuts, all tree nuts, all fish and all shellfish. It is important to note that there are other food allergies (not airborne) that students have. Please make sure you talk to your child about the importance of not sharing their food or utensils.

NOTE

Our school practices a scent free policy which means that scents such as perfumes or colognes are **not** permitted in the school. However, it is also important to let you know that you must **avoid** using products such as body wash, perfume, lotion or butter creams that contain almond or any other kind of nut. As well please **avoid** using lip balms with nut scent and/or flavor.