

Re: Peanut Allergy
Dear School Families,

The number of children with potentially life-threatening allergies to food products is on the rise. We now have a number of children attending Good Shepherd Lutheran School who have such allergies. For these children, reactions can be immediate, rapidly progressing to life threatening. These children do not necessarily have to ingest these foods, but exposure through inadvertent contact or aerosolized products can cause a severe reaction. For years now, we have had several measures in place to protect these children, including banning peanut and nut products at their grade levels.

Starting in the 2008 -2009 school year we have instituted a No-Peanut Rule in any classroom where there is a student with an extreme peanut allergy. As a result of the volatility of peanuts for our specific students (even minute amounts of peanuts-e.g. 1/200th of one peanut -can trigger a reaction), as well as the viscosity of peanut butter (which can stick everywhere), and in view of the fact that peanuts are the most common serious nut food allergy we have made this decision, At this time the rule is directed specifically towards peanuts. **To that end, we are requiring that parents do not send peanut products to school.**

While it is understood that it is impossible to make the environment completely safe for children with potentially fatal peanut allergies, we can make it a safer place. An inconvenience for some can prevent a life-threatening emergency for others. Thank you.

Sincerely,

Carol Wise
Administrator

Cathy Timmer
Preschool Director

NUT FREE FOOD IDEAS

Sandwiches:

Turkey, chicken, ham, salami or roast beef

Egg salad

Tuna salad

Cream cheese and jelly

Soy butter and jelly

Cucumber or tomato with cream cheese or mayonnaise

Veggie (sprouts, avocado, tomato....)

Cheese

Grilled cheese

Hummus and vegetables

Any of the above on bagels, in pita, rolled in a tortilla, with crackers or without any bread

Fresh Fruit:

Melons, apples, pears, bananas, oranges, grapes, kiwi.....

Fresh Vegetables:

Carrots, celery, cucumbers, red and yellow peppers, jicama, snap peas, snow peas, beans,

edamame (soy beans)

Sausages or hot dogs

Pizza

Burritos

Soups in a thermos

Pasta in a thermos

Hard boiled eggs

Rice salad, Pasta salad, Tabouleh

Yogurt

Cottage Cheese

String cheese

Dried fruit

Seeds - sunflower, pumpkin

Rice cakes

Turkey jerky

Popcorn