

# Peanut-safe Schools

## Anaphylaxis Alert! Communities Working Together To Protect Our Children

Many children have allergies. Some allergic reactions can be life threatening. This medical condition is called anaphylaxis. Some children, for example, are severely allergic to nut products, including peanut butter. Even a tiny bit can be fatal within minutes.

Rainbow District School Board promotes co-operation towards peanut-safe schools.

**However, we cannot guarantee a nut-free environment.**

We caution parents/guardians of an anaphylactic child that traces of nut products can be hidden. Students can fail to recognize they have nut products in their lunches, and/or students may not admit that they have nut products.

**Please contact your school Principal as soon as possible.**

If you are a parent/guardian of a child with a life-threatening allergy, we need your co-operation in providing the school with current medical information and in developing a plan with your child's Principal to protect your child from danger.

Please also contact the Sudbury Student Services Consortium at 705.521.1234 and alert your child's bus driver of your child's condition.

## Avoiding Peanuts in Schools

We encourage all parents/guardians to send foods to school without nuts or nut products.

- [www.aaia.ca](http://www.aaia.ca)
- [www.allergyasthma.on.ca](http://www.allergyasthma.on.ca)
- [www.foodallergy.org](http://www.foodallergy.org)
- [www.anaphylaxis.org](http://www.anaphylaxis.org)

## TIPS for Packing

### Peanut-safe lunches and snacks

**READ** all ingredient lists very carefully. Although some food product labels note "may contain traces of peanuts", this information is not consistently provided by all manufacturers.

**RE-CHECK** the list each time you buy a product to make sure that the ingredients have not changed. If you have questions about the product, contact the manufacturer directly. If you cannot contact the manufacturer, do not purchase the product.

**AVOID** any products that do not carry a complete list of ingredients (e.g. on-site bakery and bulk food products). As well, there is a much greater risk for cross-contamination with bulk food products. "Safe foods" become "unsafe" through contact with peanuts or peanut products. Keep this in mind when buying foods from bulk bins.

**PREPARE FOOD SAFELY.** Wash hands thoroughly and make sure that all cutting boards, food preparation utensils, counter tops and containers are clean and sanitized. Peanut residue can easily be passed on to other foods during preparation (e.g. don't dip the knife used to spread peanut butter in the jelly jar).

**TEACH** children to wash their hands and faces well with soap and water before and after eating meals, both at home and at school. Remind them not to share their lunch and snack foods, utensils or food containers with classmates.

**WORK** with your school community to create a peanut-safe environment.



## School Lunch and Snack Ideas

A well-balanced lunch should contain at least three of the four food groups from Canada's Food Guide to Healthy Eating. Snacks should contain at least two of the four food groups. Mix and match from each column to plan a nutritious lunch or snack!

Grain Products	Vegetables and Fruits	Milk Products	Meat and Alternatives
Plain cooked rice	Fresh fruit and fruit salads	Milk – skim, 1%, 2%	Hard boiled eggs
Couscous	Canned fruit in juice	Soy, rice beverages	Cold meats (e.g. chicken, roast beef, ham, turkey)
Pasta, Breads, Bagels	Fruit juices and fruit blends	Yogurt, yogurt tubes	Deli meats (e.g. roast beef, ham, turkey, pastrami)
Rolls and buns	Dried fruits	Block cheese	Leftover meatloaf, meatballs, pizza, chili
Pita bread	Raw, cooked and canned vegetables	Cottage cheese	Cooked lentils, chickpeas, beans
Flour tortilla	Vegetable-based salads (e.g. tossed, coleslaw, potato salad)	Cheese strings	Water-packed tuna or salmon
Crackers, Melba toast	Vegetable or tomato juice	Milk-based cream soups	Back bacon
Pizza crust, flatbread	Vegetable-based soups	Milk pudding	Ground beef, turkey, chicken
Breadsticks	Salsa	Custard	Canned baked beans
English Muffins		Processed cheese slices	
Breakfast cereal			
Muffins			

**ALWAYS** read ingredient lists very carefully.

**PACK FOOD SAFELY!** Using a wide-mouth thermos, add piping hot foods and close the lid tightly. A small freezer pack or frozen juice box will help keep cold lunch and snack items safe inside an insulated lunch bag.

*This fact sheet is provided for information purposes only and is not intended to replace medical advice. If you have questions about a child's allergy, please speak to the child's physician.*

*This information was produced by the Dietitians/Nutritionists of the Sudbury & District Health Unit.*