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Dear Parents,

This letter is to inform you that students in our school have a severe food allergy to peanuts/tree nuts. It is important that there is strict avoidance to this food in order to prevent a life-threatening allergic reaction. We are asking for your help to provide these students with a safe school environment.

We have made the decision to become a NUT FREE school. This decision is based on the incline of severe, life-threatening allergic reactions to certain tree nuts in some children that are enrolled in our school. We are asking that you do **NOT** send **ANY** foods into school that contain nuts. Also, we will no longer be serving peanut butter or any other type of nuts for snacks.

Any exposure to peanuts/tree nuts may cause a life-threatening allergic reaction that requires medical treatment. If your child has eaten peanuts/tree nuts prior to coming to school, please be sure your child's hands and face have been thoroughly washed before entering the school.

This plan will be set in place as of **November 1, 2015**. We appreciate your support of this new procedure. Please complete (reverse side) and return this form so we are certain you have received this extremely important information. Please feel free to contact me with any questions or concerns. For more information on managing food allergies please visit [www.foodallergy.org](http://www.foodallergy.org) (FARE).

Thank you,

Aunt Jenn

I have read and understand the peanut/tree nut free school procedures. I agree to do my part in keeping our school peanut and tree nut free!

Child's name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

**Tree nuts** include, but are not limited to, walnut, almond, hazelnut, cashew, pistachio, and **Brazil nuts**. These are not to be confused or grouped together with peanut, which is a legume, or seeds, such as sunflower or sesame.

**Avoid foods that contain tree nuts or any of these ingredients:**

- Almond
- Artificial nuts
- Brazil nut
- Beechnut
- Butternut
- Cashew
- Chestnut
- Chinquapin nut
- \*Coconut
- Filbert/hazelnut
- Gianduja (a chocolate-nut mixture)
- Ginkgo nut
- Hickory nut
- Litchi/lichee/lychee nut
- Macadamia nut
- Marzipan/almond paste
- Nangai nut
- Natural nut extract (e.g., almond, walnut)
- Nut butters (e.g., cashew butter)
- Nut meal
- Nut meat
- Nut milk (e.g., almond milk, cashew milk)
- Nut paste (e.g., almond paste)
- Nut pieces
- Pecan
- Pesto
- Pili nut
- Pine nut (also referred to as Indian, pignoli, pignolia, pignon, piñon, and pinyon nut)
- Pistachio

- Praline
- Shea nut
- Walnut

**Tree nuts are sometimes found in the following:**

- Black walnut hull extract (flavoring)
- Natural nut extract
- Nut distillates/alcoholic extracts
- Nut oils (e.g., walnut oil, almond oil)
- Walnut hull extract (flavoring)

**Some Unexpected Sources of Tree Nuts\*\***

- Tree nut proteins may be found in cereals, crackers, cookies, candy, chocolates, energy bars, flavored coffee, frozen desserts, marinades, barbeque sauces and some cold cuts, such as mortadella.
- Some alcoholic beverages may contain nut flavoring and should be avoided. Since these beverages are not currently regulated by FALCPA, you may need to call the manufacturer to determine the safety of ingredients such as natural flavoring.

**Tree Nut Allergy - Food Allergy Research & Education**

<https://www.foodallergy.org/.../tree-nut-aller...>