

# Nut-controlled Schools

## TIPS for Packing

### Nut-controlled 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 nuts or nut 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 nut-controlled environment.**

**PLEASE DO NOT send peanut butter substitutes to school.** It is difficult to tell the difference between a substitute and real peanut butter. We cannot rely on labelling. Let's err on the side of safety.



## Asthma-Friendly Schools

### Many children have asthma.

Some asthma attacks can be life threatening. Rainbow District School Board staff receive asthma education and training on recognizing triggers and symptoms.

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

If you are a parent/guardian of a child with asthma, 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.

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

Students under 16 years of age who have parental permission are permitted to carry their own asthma medication with them at school.

Students 16 years of age and older do not require parental permission.

## Plan of Care

Students with anaphylaxis, asthma, diabetes and epilepsy will have a personalized Plan of Care. The school Principal, parents/guardians, the student and relevant medical professionals will develop the Plan of Care collaboratively at the beginning of the school year. The Plan of Care will outline the student's medical condition, provide a detailed plan of care, and list the appropriate personnel with whom the plan is to be shared.

## 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 or other severe allergens that may also lead to anaphylaxis. Even a tiny bit can be fatal within minutes.

Rainbow District School Board promotes co-operation towards nut-controlled 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 inform your child's bus driver of your child's condition.**

## Avoiding Nuts in Schools

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

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

Parents may be asked to avoid packing lunches with other foods that could result in a severe allergic reaction for another student.