

Striving to be Peanut Free, Tree Nut Free, and Coconut Free Updated School Guidelines 2018-2019

Our school community has made a commitment to follow nut-free guidelines for the safety and health of all our students. We need each student, teacher and parent to help us make DISES a safer place for kids who have food allergies.

What Nut-Free Means at DISES

NO

- outside food with nuts
- peanut butter
- granola bars, snacks, candy or treats with nuts
- packaged foods with labels that read "may contain traces of tree nuts"

YES

- all kinds of sandwiches that don't have nuts
- soy butter, sun butter and non-nut butters
- packaged foods with labels that do not have nuts listed in the ingredients
- packaged foods with labels that read "produced in a facility where tree nuts may be present."

Here's how you can talk to your students to support their friends:

1. Don't bring nuts to school. At all. Ever. This means no sandwiches, granola bars, treats or other food that contain nuts. **We won't be bringing any food with nuts for lunches, school events or class parties.**

2. You might have to help your parents remember. They try (really, they do) but your gentle reminders will help.

3. What if kids accidentally bring nuts to school? *Your food item will go to the office to be put in a quarantined area to be tossed or picked up by a parent, and you will be offered a nut-free, no-cost school snack or lunch.*

Why should every family follow the nut-free guidelines?

- I am helping my friends stay healthy. If I have a food allergy or someone in my class does, I am helping create a safer environment for us all when I don't bring food with nuts to school.
- Many places I go are already nut free! DISES is now a part of a growing community that is following these guidelines.
- It's helping practice being supportive, safe and including others. When we are happy to help other kids, we are building a stronger school community.
- There are lots of delicious proteins to taste test! This is a great chance to try sunflower butter, cheese or even liverwurst.
- We are all in this together. Just like a pep rally or winter assembly, we all are cheering each other on to make the nut-free policy work. That includes teachers, DISES staff and Mrs. McKechnie.

Did You Know?

1. There are two children fighting food allergies in every American classroom. One in 13 children in this country are affected by food allergies. There has been a considerable increase in childhood cases that we cannot ignore. According to a report released by the CDC last year, the number of children with food allergies increased 50% from 1997 – 2011. In total, 15 million people nationwide manage food allergies.

2. All DISES meals are nut free. All the breakfasts and lunches served by DISES are nut free. DISES also stocks EpiPens that staff members are trained to administer in the event of an anaphylactic reaction. DISES requires that all lunches brought from home, party snacks, bake sale goods, potluck dishes and food that enters the building will be nut free.

3. We are joining a growing community of nut-free schools. Every three minutes, someone enters an ER due to a food-allergy reaction. Each year, 300,000 children visit the doctor for treatment of food allergy symptoms. Children are most likely to have their first reaction at school, and a quarter of those who are administered epinephrine in response have not had a diagnosis and are not aware they have a food allergy. To safeguard all children to the best of our ability, DISES is making the same commitment to food safety that many schools have already established.

4. Food allergies can cause hives. They can also be fatal. Food allergy reactions can range from an irritating rash to life-threatening anaphylaxis. Some children experience the symptoms from direct contact while others have airborne allergies. It only takes a small amount of the allergen to set off symptoms. While most symptoms are mild and quickly treated, we will create a safer environment where kids who have food allergies can breathe easier knowing they will probably not come into contact with peanuts by sitting next to a buddy at lunch.

5. DISES is an inclusive school where each child is valued. DISES recognizes it is time to make kids with food allergies feel safe. Our nut-free policy will allow children with food allergies to sit at classroom tables and to be included in the fun and friendship building that happens at lunch time.