CHRISTIAN HERITAGE
ACADEMY

NUT-AWARE GUIDELINES

CHA seeks to be a nut-aware school environment and desires to reduce the risk of accidental exposure to food containing nuts by working with students, parents, and physicians to provide a safe educational environment for students with food allergies. The cooperation of **all** families will be necessary to make this effective and to protect students with life-threatening allergies.

- Foods containing nuts listed as an ingredient may be brought into the school but may only be consumed by students at designated tables in our lunchroom, the Loft or in the Heritage Room, all located within the south/C building.
- The faculty and staff may consume nuts in the faculty lounge and in the staff offices. Precautions will be taken when nuts are present: using wipes for hands and mouths, and wiping down surfaces where nuts have been consumed.

According to Food Allergy Research & Education (FARE), "*precautionary allergen statements such as "may contain," "processed in a facility that also processes," or "made on shared equipment with" are voluntary and are not required by federal law. Because these advisory statements are optional, the absence of one does* ***not*** *necessarily mean a product is free from the risk of allergen cross-contact, and the presence of one does not indicate the level of risk. Consumers with food allergies should always read the ingredient list and "Contains" statement every time they purchase a product."* Therefore, CHA cannot guarantee safety with foods that have these labels, nor foods made with soy nut butter, or sunflower seed butter and other alternative nut butters.

General Guidelines

- Preschool students may NOT bring any products containing nuts to school where snacks and lunches are eaten in the classroom.
- Kindergarten-12th grades may bring food containing nut ingredients however; the foods *must* be consumed at designated tables both in the lunchroom or Loft in the south building.
- The *"CHA Food List for a Nut-Aware Environment"* may be handed out by homeroom teachers at the beginning of the school year and is available on our website whereby these foods may be served at any time. Parents of children with food allergies are invited to share their input if concerns arise.
- We encourage students with severe food allergies to provide their own "safe snacks/food." If you do NOT give permission for your child to be served certain foods, please let your child's homeroom teacher know at the beginning of the year.

Lunch and Lunchroom Area

- Foods prepared by our lunch caterers are not guaranteed to have been prepared in the absence of nuts or nut oils, therefore parents of children with food allergies are advised to provide lunches which conform to their child's needs.
- "No Nut Tables" will be cleaned daily prior to the beginning of the lunch periods with separate, designated cleaning supplies.
- Students seated at these tables are also provided with disinfectant wipes from a special container to use on their hands before eating.

Birthdays and Class Celebrations

- For parties (please see Birthday Guidelines) or other special occasions. **No homemade foods are permitted in any classroom for birthdays or class celebrations.**
- PreK-5th grades—No birthday treat

- 6th-12th grades—A birthday celebration is given to honor all birthdays within the designated month(s). No foods containing nuts will be served. **No home-baked or baked items from a bakery without listed ingredients are permitted.** The overseer of this activity will check all foods before being served to students.

Family Events

- Nut-free food will be requested at family gatherings and potlucks.
- No guarantee may be given to ensure that the food is nut-free.

Field Trips/School Sponsored Events

- Nuts may NOT be brought to these events within lunches or snacks.
- An email will go out reminding parents that NO NUTS may be brought OR bought on the field trip.
- If food is being served, an e-mail must be sent to parents to inform them that food is being served and that there is no guarantee that all the food will be nut-free.
- No eating food on the bus unless given specific permission by the bus company and supervisor.
- No guarantee may be given to ensure that the food is nut-free.

Space Sharers

- CHA attempts to be a nut-aware school environment, however many space sharers and renters use the building. While these space sharers have been made aware of our guidelines, CHA cannot guarantee safety with the foods that are brought in by such renters.

Communication protocol when the Nut-Aware Guidelines have not been followed:

- Faculty/Staff members will communicate with Health Services, administration, and parents when a violation has occurred.
- Health Services will take appropriate action if food exposure has occurred along with communicating with parents immediately.
- Administration will call parents of students with severe allergies the same day of violation.