



and the
Kathryn M. Lafley Humanities Center
A Non-Profit Facility

Nut Free Policy- revised 9/6/17

Policy statement

ChildLight Montessori School aims to practice a nut free policy in order to protect the children who have allergies to nuts (both peanuts and tree nuts). We acknowledge that nut allergies can be life-threatening. Although we recognize that we cannot guarantee that no traces of nuts will make it into our facility, this policy serves to set out all measures possible to reduce the risk to those children and adults who may suffer an anaphylactic reaction if exposed by **ingestion** of or **contact** with the nuts to which they are sensitive. We take the safety of all ChildLight children very seriously and therefore all Nut Free Policies will be strictly enforced.

Yearly our new intakes will be made aware that we do not allow nuts or nut products within our setting for snack, lunches or for celebrations or seasonal treats. Our Nut Free Zone logo is sited on our Website and within our school.

Definition

Anaphylaxis (also known as anaphylactic shock) is an allergic condition that can be severe and potentially fatal. Anaphylaxis is your body's immune system reacting badly to a substance (an allergen), such as food, which it wrongly perceives as a threat. The whole body can be affected, usually within minutes of contact with an allergen, though sometimes the reaction can happen hours later.

Symptoms

The symptoms of anaphylaxis can begin within minutes or as long as an hour after contact with the allergen. Less commonly, they can occur a few hours or even days after contact.

An anaphylactic reaction may lead to feeling unwell or dizzy or may cause fainting due to a sudden drop in blood pressure. Narrowing of the airways can also occur at the same time, with or without the drop in blood pressure. This can cause breathing difficulties and wheezing.

Other symptoms:

- swollen eyes, lips, genitals, hands, feet and other areas (this is called angioedema),
- itching,
- a strange metallic taste in the mouth,
- sore, red, itchy eyes,
- changes in heart rate
- a sudden feeling of extreme anxiety or apprehension
- itchy skin or nettle-rash (hives)
- unconsciousness due to very low blood pressure
- abdominal cramps, vomiting or diarrhea, or nausea and fever.

Anaphylaxis varies in severity. Sometimes it causes only mild itchiness and swelling, but in some people it can cause sudden death. Anaphylaxis can lead to death if breathing becomes severely obstructed or if blood pressure becomes extremely low (known as shock). If symptoms start soon after contact with the allergen and rapidly get worse, this indicates that the reaction is more severe.

Staff

The primary responsibility falls on all staff to read and follow this policy both in school and when out on trips and outings. Staff and volunteers must ensure they do not bring in or consume nut products within the school and ensure they follow good hand washing practice. They also are responsible for checking any food brought in by parents, caregivers, and children to make sure it is in accordance with this policy.

- Caution must be taken at certain times of year such as Valentine's Day, Easter and Christmas. If Staff distributes candy, care must be taken to ensure that no nuts are included in the product and that it was not processed in a facility that processes nuts.
- Any store bought food coming into the facility must be in its original packaging and display labels in order for Staff to ensure its safety.
- All product packaging must be checked for warnings directed at nut allergy sufferers and if the following *or similar* are displayed, the product must not be used in school:
 - Not suitable for nut allergy sufferers
 - This product contains nuts
 - This product may contain traces of nuts
 - This product is from a facility that processes nuts.
- All tables and food preparation surfaces will be cleaned before and after food consumption.

All of our staff members are trained to administer an Epi Pen.

Parents

Must notify staff of any known or suspected allergy to nuts and provide all needed information detailed on their child's individual Healthcare plan.

SNACKS AND TREATS

Parents must not bring in any food for **snacks** and **treats** (such as for birthdays), unless they have checked the ingredients carefully. Any nut free whole foods are allowed (e.g. fruits and vegetables) as long as they have not been cut up on a surface or with utensils that have come into contact with any nuts or nut products. Also cheese and yogurts are allowed if the packaging indicates they do not contain nuts or come from facilities that process nuts. Many parents like to send dips in with fruits and vegetables; we ask that you do not send these unless we can see on their label that they are nut free.

- Any store bought food coming into the facility must be in its original packaging and display labels in order for Staff to ensure its safety.
- Since we cannot guarantee that all the ingredients used to prepare homemade food are completely nut-free, we are prohibiting homemade food for snacks and treats unless prior permission has been obtained from the Staff and the affected families. If permission is granted, homemade snacks or party food contributions must have a label detailing all ingredients present (including ingredients of the ingredients) and the kitchen environment where the food was prepared must be nut free.
- If you're unsure about any food selection please speak to a staff member before bringing the food item into ChildLight.

Packaging indicating a food item is not allowable for school use, must be checked for:

- Not suitable for nut allergy sufferers
- This product contains nuts
- This product may contain traces of nuts
- This product is from a facility that processes nuts.

LUNCHESES

We understand that parents do their best to provide healthy options for their children's **lunches** and this often involves homemade items. We ask that any homemade item included in a child's lunch be nut and nut product free and prepared to the best of your ability on a nut free surface. Lunch box items containing nuts or nut products will be removed by staff and replaced with approved snack items. We will provide a completely nut free lunch table for any student with known nut allergies. Any and all food sharing between children during lunchtime is strictly prohibited.

We understand that parents also cannot guarantee that no traces of nuts will make it into the ChildLight Facility, but we request that they do their best to provide snacks and treats that are nut and nut product free and not processed in a facility that processes nuts, and that they will keep their child's lunch items, both homemade and store bought, free of nuts and nut products and items processed in a facility that processes nuts.

Children

We ask that all children practice good hygiene by washing their hands upon entering the classroom in the morning, and before and after eating which helps to reduce the risk of secondary contamination. Likewise children are reminded and carefully supervised to minimize the act of food sharing with their friends.

Health Plans and Emergency Response

We have individual Healthcare Plans for children with allergies and Allergy Lists are displayed. Healthcare Plans should include an allergy list, triggers, symptoms, medication (Medication will be stored, administered and documented in accordance with our Administering Medicine Policy), and emergency contact details for that child.

Staff and parents must sign the form in the school office indicating they have read this policy and will do their best to adhere to ChildLight's Nut Free Policy. Signing the form indicates that they have read and understand the policy, but does not make them liable for any allergic reactions that may occur at ChildLight Montessori School.