



Why can't we have any food at TAPS with peanuts or nuts?

We have children at Tilbury Area Public School with severe allergic reaction to peanuts/nuts. This allergy can be so severe that even trace amounts of a peanut/nut can be fatal.

So please do not send any food containing peanuts, nuts, peanut butter, peanut oil, Nutella, or imitation peanut butter such as soy nut butter or pea butter (teacher/monitor won't be able to tell the difference between imitation and peanut butter by looking at it). We thank you for your cooperation, and understanding of these precautions. We know you would expect no less if it were your child.

A peanut/nut allergy is a potentially deadly allergic reaction to the proteins found in nuts. Severe allergic reactions (e.g. anaphylactic shock) occur when the body's immune system over reacts to a particular allergen or irritant. For reasons that are not yet known, peanut/nut allergies can be triggered by a very tiny amount of peanut/nut protein – much less than for any other type of food allergy. As a result, peanut/nut allergies can be triggered very easily. Some highly sensitive individuals can have an allergic response simply by kissing or having skin to skin contact with another person who has recently eaten peanuts/nuts. Trace amounts of peanut/nut not visible to the naked eye can cause severe allergic reactions. As little as 1/7,000 to 1/70,000 of a peanut/nut is enough to trigger a reaction in some children.

You can see the problem for our school! If a student brings food with traces of peanuts, nuts, or items baked with peanut oil—traces could be left on desk tops, door handles, and faucets. This could result in one of our allergic children having an attack. If it happens somewhere, like a washroom, and no one is around to help—our child may die!

Peanut Free Snack Ideas

A nutritious lunch should contain three or four food groups from Canada's Food Guide to Healthy Eating: Grain Products, Vegetables & Fruit (preferably some of each) and Milk Products and/or Meat & Alternatives. Mix and match the following ideas, remembering to read the labels of pre-packaged foods or ingredients you use in home-prepared foods:

- Peanut/Nut Free Snacks Ideas**
- Yogurt Milk**
- Fresh Fruit Cheese & Crackers**
- Unsweetened Cereal Juice**
- Raw Vegetables Dip for Veggies**
- Yogurt with Fruit Milk Pudding**
- Canned Fruit Cheese Celery Sticks**
- Homemade Muffin Pita—tuna salad**
- Slice of Meat Salami Sandwich**
- Hard Cooked Egg Plain Popcorn**
- Bagel with Cream Cheese**
- Nut-free Granola Bars**

ALWAYS LOOK FOR LABELS THAT SAY
"MAY CONTAIN TRACES OF PEANUTS/NUTS"
"Processed in a facility that processes peanuts/nuts"
AND AVOID THOSE PRODUCTS!

**MANY CONSUMER PACKAGES NOW
HAVE THIS SAFE NO-PEANUT SIGN:**



Tilbury Area Public School
5 Mable Street, Tilbury
519-682-2260

Help us keep our school safe!

We are a Nut Aware school!



Tilbury Area Public School



**Important Information
About
Peanut/Nut Allergies
At TAPS**



**Tilbury Public School is a
"Nut Aware" School.**



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Special Events

Naturally being a nut aware school has an effect on special days and special events such as:

Halloween / Birthdays / Christmas

Valentine's / Easter / Class Parties

Parents often like to send in treats on these special events. Although staff and students appreciate and enjoy such treats—**WE CAN-NOT TAKE A CHANCE THAT ITEMS MAY CONTAIN TRACES OF PEANUTS/NUTS!**

We cannot accept home-baking, as the utensils or preparation surfaces may have come into contact with peanuts/nuts. Only prepackaged items which clearly indicate that they are peanut/nut free and manufactured in peanut/nut free facilities can be accepted and shared with the children.

We apologize that we will have to send home with your child any treats that do not meet the guidelines mentioned above.

If you plan on sending in treats, please check with the teacher ahead of time to ensure that the treat can be accepted and distributed in the classroom.

Packaged treats that we are unsure of will not be eaten at school and may be sent home in a treat bag at the end of the day.

We appreciate your cooperation and understanding! If it were your child, you would want the school to take every precaution possible to ensure that your child returns home from school alive!

Peanuts and tree nuts are included in many types of food that seem unlikely to have nuts as an ingredient. Foods and products that very often contain hidden peanut/nut products include:

- Breakfast cereals
- Cereal bars (unless nut free label)
- Candies including jujubes and jelly beans
- Valentine candy - cinnamon hearts, and sweet hearts
(Processed on contaminated equipment)
- Cookies & Crackers
- Ice cream and ice cream treats
- Desserts
- Nutrition and energy bars
- Salad dressings & Dried salad dressings
- Chinese, Indonesian, Thai, Vietnamese, Mexican and African dishes
- Curry or satay sauces
- Egg roll/Imperial roll
- Vegetarian dishes & Vegetarian burgers
- Marzipan
- Soups
- Topical ointments
- Cake icing
- Chili con carne
- Chocolate bars
- Doughnuts (from any doughnut shop is cross contaminated with icing, utensils, etc.)
- Fried foods / Fried snack foods
- Granola or fruit bars
- Macarons / Nougat / Pastries
- Peanut popcorn
- Potato chips (peanut oil)
- Prepared, dehydrated soups
- Almond Paste

The key is to buy products labeled saying that they are manufactured on lines where no peanut/nut items are manufactured.

PLEASE DO NOT SEND ARTIFICIAL PEANUT BUTTER, NUTELLA OR OTHER SPREADS WHICH MAY CONTAIN TRACES OF NUTS. STAFF & STUDENT MONITORS CANNOT TELL ARTIFICIAL PEANUT BUTTER FROM THE REAL THING—MAKING THIS A DANGEROUS SITUATION FOR ALL!

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Minimizing the Risk

Children and adults should thoroughly wash hands after eating. This is especially true after eating peanut/nut products at home before entering school, as trace amounts of peanuts/ nuts can cause severe allergic reactions.

Any foods brought to school should be peanut/nut free and manufactured in peanut/nut free facilities. Always watch for labels indicating "may contain traces of nuts"!

Please do not send imitation peanut butter products—we cannot monitor that situation with so many students, and we cannot take the risk.

Help us keep our school safe!
