

Healthy and Peanut Free Snacks



Dear Goldwood Families,

There are several students in our school that have severe, life-threatening allergies to nuts; including peanuts, peanut butter, pecans, walnuts, nut oils (ie. peanut oil), nut flavorings (ie. almond extract), etc. It is possible that contact with nut residue (even from the fingers of a non-allergy student) is enough to trigger an anaphylaxis life-threatening attack.

Safety for all our children is a priority at Goldwood. As parents send their children off to school in the morning, we want them to feel confident that Goldwood is doing everything they can to protect their children from all dangers, even if the danger is food.

As a school, we are encouraging “healthy snacking”. By instituting some thoughtful consideration into the classroom “snack plan”, we can make the classroom a safe place for our students. We are asking parents to be conscientious in the selection of daily snacks and birthday treats that their children bring to school in an attempt to limit the chances of children being exposed to nuts. We highly encourage that birthday treats be non-food items (stickers, pencils, erasers, etc.).

Not only do we want to encourage peanut free snacks, we want to ask parents to send in healthy snacks (fruits, veggies, raisins, crackers, etc.). The only way to be absolutely sure that a snack is peanut free is to read the label carefully, even paying attention to “**traces of nuts or manufactured in a facility that processes nuts**”.

We thank you in advance for your consideration in making the school environment safe for all our Goldwood children. Together we can make a difference for our children.

Respectfully,

Dr. Carol Rosiak
Principal

Nurse Jenni
School Nurse