

Nut-Aware Guidelines

- **Definition of “Nut Aware”** – CHA seeks to be a nut-aware school environment. Therefore, we have developed a set of guidelines to assist faculty and staff in balancing the safety of students with life-threatening allergies with the rights of other students. Because the most common of these life-threatening allergies are based on food items that are frequently seen as typical “snack food”, we desire 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. **Foods containing nuts listed as an ingredient may be brought into the school but may only be consumed at designated tables in our lunchroom or in the Heritage Room, both located within the south/C building.**

According to FARE (Food Allergy & Research Education, www.foodallergy.org) *“The use of advisory labeling (i.e., precautionary statements such as ‘may contain,’ ‘processed in a facility that also processes,’ or ‘made on equipment with’)* is voluntary and optional for manufacturers. There are no laws governing or requiring these statements, so they may or may not indicate if a product contains a specific allergen.” 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.

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.

- No nut consumption should occur in the North or Central Buildings. Preschool students are asked NOT to bring any products containing nuts to school. Kindergarten-12th grades may bring food containing nut ingredients however; the foods **must** be consumed at designated tables both in the lunchroom and the Heritage Room in the south building.
- The cooperation of **all** families will be necessary to make this effective and to protect students with life-threatening allergies. If you have questions, please contact Health Services.
- Parents have several options regarding the storage of an epi-pen at school. They may choose to have their child’s epi-pen in the nurse’s office, in the teacher’s desk, and/or carried by their child throughout the day. Forms to indicate a parent’s preference(s) may be found either in the Health Services Office or on Parent Central.
- For parties (please see Birthday Guidelines) or other special occasions, please provide sealed prepackaged items that have the ingredients listed to protect children with severe food allergies. **No homemade foods are permitted in any classroom without prior notice and permission.**

- 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 any of the following 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.
 - Students who are eating at our “nut tables” will use separate utensils and napkins, water pitcher and cups, cleaning supplies, and trash can.
 - Students seated at these tables are also provided with disinfectant wipes from a special container to use on their hands before leaving.
 - Students with life-threatening allergies may store their lunches in a separate location when leaving them in the Student Center.
 - Any students with allergies using the vending machines will use a disinfectant wipe, from a special container (different from the nut table wipes), on their hands and the machine before using.
- **Birthdays:**
 - PreK-8th grades – No birthday treat
 - 9th-12th grades – A monthly birthday celebration is given to honor all birthdays within that month. No nuts may be served with this food. **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 e-mail 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 go out to make sure that parents are aware that food is being served and that there is no guarantee the all the food will be nut free.**
 - No eating food on the bus.

- No guarantee may be given to ensure that the food is nut free.
- **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.
 - When a violation of the protocol has occurred, a meeting will take place involving the CEO, supervisor, and faculty/staff member.