Severe Food Allergy Information Sheet

Food allergies are serious business! Several students within LGSD have severe food allergies.

What does it mean if a child is allergic to nuts?

An allergy to tree nuts or peanuts can be life threatening. A food allergy is a disease not a choice. A child with a tree nut allergy can’t eat or come into contact with any tree nut/peanut products. It is more than just not liking nuts. If a child with a severe allergy accidentally eats a tree nut or peanut, then they could break out in a rash, having swelling of the face. Samples of Tree Nuts: almond; Brazil nut; cashew; chestnut; filbert/hazelnut; macadamia nut; pecan; pine nut, pistachio, and walnut. Did you know that a peanut is NOT a tree nut?

Peanuts: Students can also have a severe allergy to peanuts. Peanuts grow under the ground and are a part of the legume family.

What is a Peanut/Tree Nut Safe Campus and how can I help?

LGSD wants to provide a safe place for all students to go to school. We have made the following changes to keep students with a peanut/tree nut allergy safe:

- Tell your teacher and the school nurse if you are allergic to peanuts, tree nuts or any other foods.
- No peanut or tree nut products are served in the cafeteria.
- We encourage students to wash their hands with soap and water to remove any peanut/tree nut residue after eating. Hand sanitizer does not remove residue.
- Everyone is encouraged to pack peanut/tree nut free snacks and lunches. This includes peanut butter sandwiches, peanut butter crackers, peanuts, almonds, pecans, etc. Do not share food! Please teach your child to not share food with other students.
- If you are making food for a class party, please check with the teacher for food allergies in the class. The teacher can give you guidelines to keep students safe.
- Food allergies are serious. Say “no” to teasing and tricks.
- If your friend has an allergic reaction, tell a grown-up quickly.