

## ALLERGY RESPONSIVE COMMUNITY

Policies to ensure compliance with state law responding to food allergies

Immaculate Conception Catholic Regional School works within the guidelines of state law to provide appropriate safety and health protocols that work to protect all students. While our school is NOT a Peanut and Nut Free School, we are an **Allergy Responsive Community**. As with many schools, we have a significant number of students who have documented medical allergies to certain foods. We ask all families to partner with the school to create an environment that is free of allergens that make it difficult for some members to participate in the least restrictive way. We ask all families to be aware of the following protocols and procedures put in place to protect all students:

Our school goes to great lengths to provide an accommodating environment to those students with allergies so that all are treated as fairly as possible. We all work together to ensure the following policies are enforced:

1. Notices appear at entrances to the school to alert guests that we are an allergy responsive community, all food is eaten in the cafeteria and certain allergies are present.
2. All food (with the exception of approved allergy sensitive snacks in Pre-K) will not be eaten in the classroom.
3. Any snacks or foods provided directly by the school (such as hot lunch) will be produced in nut free environments and will not contain nuts or peanuts.
4. Any school events or PTO sponsored events where food is eaten will appropriately accommodate students with allergies so that all students can participate.
5. A "*Peanut – Tree Nut*" free table will be provided in the cafeteria and made available to those students whose parents request a child sit at this table. The child may bring a friend to the table who doesn't have any food that might contaminate the table. The table will be appropriately cleaned after every lunch with supplies only used for this table. Adults will monitor and supervise this table during lunch. Children at the nut free table may use the bathroom in the health office during lunch if they desire.
6. *Students may not bring loose nuts to school (such as trail mix, peanuts, almonds) that might be dropped on the floor.*
7. All families are asked not to send in peanut butter / "nut-butter" sandwiches or snacks. We cannot ensure what a family will pack for lunch, however we will appropriately respond. To protect all students, adult staff will monitor what is being eaten at the cafeteria tables. *If a child does bring in an item with nuts, peanut butter or tree-butter*, he or she will be moved to eat at a designated nut table (the child can also bring a friend). Adults will monitor this table and students must wash their hands in the cafeteria bathroom after lunch. Any trash from this table must be thrown in the one receptacle designated for "may contain nuts" trash. This table will be washed after every lunch with supplies used only for this table.
8. Adult staff will monitor all students to provide a responsive environment that protects students.
9. All lunches must be in containers (lunch boxes, act.) that protect food contents from contaminating the classroom.
10. Each classroom teacher will be informed of all allergies and be trained to respond to specific health plans in place to protect students.
11. Parents work with the school administration and the school nurse to develop specific response plans to address concerns of those students with allergies to foods.
12. IN CERTAIN CASES OF STUDENT FOOD ALLERGIES: students in a particular classroom may be asked to place lunches in one of two special classroom lunch bins that keep food from entering the classroom entirely. Students in certain classrooms may also be asked to clean hands with wipes provided for each student upon entering.

Parents are requested to contact the school nurse regarding any and all food allergies, special dietary needs and any and all other mealtime concerns. An IHP will be created to respond to specific concerns and staff will be notified of appropriate emergency measures that need to be taken.

While we will go to great lengths to respond to any medical / health concern, food purchased by parents and brought into school by students may have been manufactured in a factory that processes products that contains peanuts/nuts.

## Food Suggestions to Help Support a Safe Environment for all Students

Fresh fruit (apple slices, clementines, grapes, bananas, berries, pears)

Fresh vegetables (baby carrots, grape tomatoes, cucumber slices, broccoli, pepper strips)

Applesauce cups

Yogurt cups or tubes

String cheese

Sunmaid Raisins, Ocean Spray Craisins

Triscuits, Club crackers, Plain Ritz, Saltines, Sun Chips, Nabisco Honey Maid Graham Crackers

Stacey's Pita Chips

Green Mountain Tortilla chips

The Snack Factory Deli Style Pretzel Chips (available at Whole Foods)

Rold Gold brand pretzels

Many Frito Lay products are nut safe

Fruitabu Smooshed Fruit Flats and Twirls

Pirates's Booty

Smartfood Popcorn

Annie's brand fruit snacks

Teddy Grahams (all flavors)

Pepperidge Farm Goldfish Crackers

Barnum Animal Crackers

Lucy's Cookies (Whole Foods)

Enjoy Life brand bars and cookies (Whole Foods)

Home Free Cookies (Whole Foods)

Clift Fruit Twists

Sunshine Cheez-its

Oreo's by Nabisco

Kellogg's Original Rice Krispie Treats

Pudding Cups

Nilla Wafers

Jello Cups

Orgran Cookies and Snacks (Whole Foods)

Cereals: Fruit Loops, Trix, plain Cheerios

Mini marshmallows

Hostess Donuts

## Peanut/Nut-Free Snacks\*

### Fruits

All fresh fruit  
Dole Fruit Bowls  
Del Monte Fruit To-Go Cups  
Sun-Maid Raisins (*not chocolate covered*)  
Applesauce Cups  
Motts Fruit Blasters Applesauce Tubes

### Vegetables

All Fresh Vegetables Including:  
Carrots with Dip  
Celery Sticks with Cream Cheese or Dip

### Gummy Snacks

(*Not Brachs.*) Only Betty Crocker or Nabisco Fruit Snacks including:  
Fruit Roll-Ups  
Fruit By The Foot  
Gushers  
Shark Bites  
Fun Fruits  
Scooby Doo Fruit Snacks  
Trix Fruit Snacks  
Hi-C Fruit Snacks  
Pokemon Fruit Snacks

### Cookies

Nilla Wafers  
Oreos & Mini Oreos (*not mint-creme*)  
Chips-A-Hoy (*not minis*)  
Bisco Wafers  
Teddy Grahams  
Pepperidge Farm - Milano, Chessmen, Shortbread and Sugar Cookies  
Keebler - Butter Cookies, Grasshopper Cookies  
Nabisco - Barnum Animal Crackers, Oatmeal & Iced Oatmeal Cookies, Cameo Cookies, Fig Newtons, Kool Stuff Strawberry Seas Bars  
Hostess Ho-Ho's & Twinkies  
Rice Krispie Treats (*plain only*)  
Nutri-Grain Apple Cinnamon/Brown Sugar Twists

### Salty Snacks

Rold Gold Pretzels  
Snyders of Hanover Pretzels  
Ruffles Potato Chips  
Lays Potato Chips  
Eritos  
Doritos (*not crackers*)  
Cheetos  
Tostitos  
Pringles (*original only*)  
Popcorn - Pop Secret, Orville Redenbacher, Healthy Choice)

### Crackers

Honey Maid - Cinnamon Grahams & Sticks, Honey Grahams & Sticks  
Ritz Crackers (*plain only, not sandwiches*)  
Keebler Club Crackers (*original only, not sandwiches*)  
Nabisco Saltines  
Sunshine Cheez-Its  
Triscuit  
Wheat Thins  
Pepperidge Farm Cheddar Goldfish (only plain, pretzel or cheddar. *Not Cinnamon Grahams*)  
Sargento- Mootown Crackers & Cheese Dip  
Keebler Town House Crackers  
Sportz Cheddar Crackers  
Kraft Handi-Snacks Cinnamon Graham Crackers w/Applesauce Dip  
Kraft Handi-Snacks Crackers with Cheese Dip

### Jellos and Puddings

Hershey Chocolate Pudding Tubes  
Kraft Handi-Snacks - Wacky Gels; Vanilla & Chocolate Pudding  
Hunts - Juicy Gels, Vanilla & Chocolate Pudding  
Jello - Gelatin Cups, X-treme Jello Tubes, Vanilla, Chocolate & Oreo Pudding  
Dole Fruit-n-Gel Bowls  
Delmonte Fruit & Gel To-Go Bowls

### Frozen Treats

Minute Maid - Juice Bars, Fruit & Cream Swirls, Frozen Lemonade  
Good Humor - Fudgesicles, Popsicles, Fire Crackers, Great Whites, MicroPops, and Scribblers  
Nestle - Itzakadoodles, Icecreamers Flintstones Rainbow Sherbet Treats & Juicy Juice Frozen Juice Pops  
Lick-A-Colors  
Tropicana Fruit Juice Bars  
Welch's Fruit Juice Popsicles  
ICEE Frozen Treats

### Misc.

Cheese  
Yogurt (*not soy brands*) - Gogurt, Danimals, etc.  
T. Mazettis Carmel Apple Dip (with apples)  
Pizza - Papa Johns, Dominoes, Flippers, Pizza Hut  
Candy - Starburst, Skittles, Twizzlers, Hershey Milk Chocolate Bars (*not with almonds*) and Hershey Kisses (*not with almonds & not Hugs*), Milk Duds, DOTS, Sour Patch Kids, and Tootsie Rolls  
Doughnuts - Krispy Kreme "Original Glazed" only (*only from the store - with or without sprinkles. Not pre-packaged from a grocery store*)  
Jet Puffed Marshmallows