

ALL-SCHOOL NUT-FREE GUIDELINES

The following information will help families to follow safety guidelines in a nut-free building. Most of the guidelines are building-wide procedures. Additional information will be provided in some classrooms. The majority of Christ the King Catholic School students participate in the hot-lunch program. Cold lunch students/families are also asked to safeguard the peanut-free environment.

- The hot lunch program is peanut-free. Most often, minor adjustments are made in the menu items to ensure no peanut products are served.
- Cold lunch participants should not bring peanut butter or peanut products to school.
- ALL snacks brought to the school must be peanut/nut free. Parents are asked to check label ingredients carefully. Staff members will also check and, when in doubt, may substitute a product.
 - Products with labels that include wording similar to “may contain nuts” should be left at home
 - Products with labels that include wording similar to “processed in a facility that also process nuts” are OK to eat at school.
- All school events (Christmas Program, after school activities such as Mad Science, field trips, etc.) must also be peanut/nut free.
- If peanut butter or peanut products are eaten at home for breakfast, we are encouraging hand washing and tooth brushing prior to leaving home. Peanut residue can be life threatening for another child.
- Please avoid the following:
 - Beer nuts
 - Peanut oil
 - Groundnuts
 - Mixed nuts
 - Peanuts
 - Peanut butter
 - Peanut flour
 - Peanut protein

SOME NUT-FREE SNACK IDEAS:

- Dairy, Fruits and Vegetables
- Yogurt
- Cheese - String Cheese, shredded cheese, cheese slices
- Applesauce
- Canned fruits
- Cereals
- Graham Crackers
- Snack Crackers - such as Wheat Thins, Triscuits, Club Crackers, plain Ritz Crackers, Goldfish Crackers
- Pretzels
- Tortilla and Tortilla Chips
- Popcorn (already popped in bag)
- Pudding Cups
- Fruit Snacks, Fruit Leather, Fruit Roll-Ups
- Rice Krispy Treats
- Candy - Gummy Worms, Smarties, Licorice, Lifesavers, Sweet Tarts, Skittles, Starbursts, etc