



Date \_\_\_\_\_

Dear Parent/Guardian(s):

This letter is to inform you that a student in your child’s classroom has a severe peanut/nut allergy. Strict avoidance of peanut/nut products is the only way to prevent a life-threatening allergic reaction. We are asking your assistance in providing the student with a safe learning environment.

To reduce the risk of exposure, the classroom will need to be peanut/nut free. ***Please do not send any products containing peanuts or nuts for your child to eat during snack time in the classroom.*** Any exposure to peanuts or nuts through contact or ingestion can cause a severe reaction. If your child has eaten peanuts or nuts prior to coming to school, please be sure your child’s hands have been thoroughly washed prior to entering school. Below you will find a list of foods containing peanuts or peanut oil.

Since lunch is eaten in the cafeteria, your child may bring peanut butter, peanut or nut products for lunch. This plan will help to maintain safety in the classroom while allowing non-allergic classmates to enjoy peanut/nut product in a controlled environment. We appreciate your support of these procedures. Please complete and return this form so that we are certain that every family has received this information. If you have any questions, please contact me.

Sincerely,

\_\_\_\_\_  
Principal’s Signature

\_\_\_\_\_  
Parent’s Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student’s Name

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**Foods Containing Peanuts or Peanut Oil**

*Please read all food labels carefully, this list is NOT all-inclusive.*

- “Mike-Sells” potato chips (baked in pure peanut oil)
- Ritz cheese Cracker snacks
- Ritz S’mores Cracker snacks
- Individually wrapped cheese/crackers
- White Cheddar Cheese Popcorn
- Caramel popcorn
- Chex Mix
- Honey Nut Cheerios
- Cereals with nuts
- Plain M&M’s
- Most Keebler cookie products
- Frosted animal crackers/cookies
- Pre-made or store bought bakery cookies/muffins/cakes
- Nestle products (cookies, pre-made slice and bake cookie dough)
- Most store-bought ice-cream (some vanilla & chocolate O.K., read labels)
- Sunflower seeds
- Egg rolls
- Jellybeans (most)
- Novelty foods: crackers, cookies, (i.e., Nemo, Dora, Spiderman, etc.)
- Granola bars
- Entenmann’s Bakery foods
- Most chocolates
- Most individually packed snacks, cookies
- Dried mixed fruit snacks (usually trace peanuts)
- Chip Ahoy cookies with frosting fillings

Watch for these ingredients:

- Peanuts
- Peanut protein
- Peanut flour
- Trace of peanut(s) or peanut oil
- Tree nuts
- Arachis oil (oil extracted from peanuts)
- Mandelonas (peanuts soaked in almond flavoring)