



Fairfield Christian School

Nut-Sensitive Policy

As a school we believe that God created each child differently and we as a school are dedicated to meet each child at the place they need to be. Each year we have a number of children enroll with peanut and tree nut allergies. There are some children where even a microscopic amount of offending food will cause a life-threatening reaction. To help ensure the health and safety of all of our students, Fairfield Christian School will provide a Peanut/Tree Nut-Sensitive environment.

A nut-sensitive environment means; peanuts & tree nuts, peanut or tree nut products, or products containing traces of peanuts or tree nuts may not be brought to school. **This means the product cannot contain peanuts or tree nuts such as but not limited to: walnuts, almonds, pecans, hazelnuts, cashews, pistachios, Brazil nuts, pine nuts, macadamia nuts and coconut. Items brought to school cannot have the following warning: "may contain...."**

Families can help insure that our school stays peanut/tree-nut free by reading packaging labels and by reminding children not to share food with other children at school. We need to make sure there is little opportunity for a child to be exposed to foods that could harm him/her.

For your reference we have created a list of lunch and snack options. This policy will be available under student links on our website for you to refer to throughout the school year. We appreciate your cooperation with this policy. The sacrifice of not having nuts or nut products in school is a small one to make compared to the consequences a child with severe allergies could face. If you have any questions please contact the school office.

PEANUT & TREE NUT-FREE SNACK IDEAS

| | | |
|--------------------------------------|-----------------------------------|-----------------------|
| Yogurt - plain or mixed with fruit | Plain popcorn (No Crunch-N-Munch) | Pudding cups |
| Fresh Fruit | Fruit Roll-ups | Canned fruit in juice |
| Unsweetened Cereal (without nuts) | Applesauce | Teddy Grahams |
| Vegetables & Veggies w/dip | Baked tortilla chips & salsa | Pretzels |
| Jell-O pudding bites | Granola bars (not peanut butter) | Plain animal crackers |
| Fruit cup/ Fruit cocktail | Soy Butter & Crackers | Hard-boiled eggs |
| Graham crackers or Goldfish crackers | Bagels w/cream cheese | Cottage cheese |
| Saltine crackers | Cheese or cheese sticks | Raisins |
| Cheez-Itz | Fruit Loops cereal | |

PEANUT & TREE NUT-FREE LUNCH IDEAS

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|--------------------------------------|-------------------------------|--------------------------------|
| Grain Products | Vegetables & Fruit | Meat & Alternatives |
| Breads - no nuts, rye, cracked wheat | Fresh Fruit/Fruit cups | Soy Butter w/ Jelly |
| Spaghetti | Vegetable sticks | Sunflower Seed Butter |
| Bagels/Pita bread | Coleslaw | Cold meats |
| Muffins (no nuts) | Vegetable soup | Pizza |
| Crackers | Salad | Hummus |
| Macaroni & Cheese | Raisins | Refried beans |
| Pasta or rice salad | | Tuna/salmon |
| Soups w/ rice or pasta | Dairy | Meatloaf |
| | Milk | Chili |
| | Cream Soups | |
| | Hot Chocolate | |
| | Cheese/Cheese slices | |

**While we are dedicated to being peanut/tree nut-free, there may be instances when nuts are brought onto our campus accidentally, and/or by other groups using our campus.*