

PEANUT / NUT FREE SCHOOL POLICY

As part of the ongoing safety awareness at Immaculate Heart of Mary School, tree nuts and peanuts are excluded from the school site, based on the ingredient list of any food product. This includes all school-related activities.



In response to the growing number of food sensitivities reported for members of our school community, and in recognition of the severe consequences of a peanut / nut exposure to individuals, Immaculate Heart of Mary School is implementing a plan to go peanut / nut free on the school premises. Adults and children need to be mindful of any products containing peanuts / nuts when preparing and bringing food onto the school site. The immediate impact of a peanut / nut exposure to an individual with peanut / nut allergy can be life threatening and require medical intervention or hospitalization. The support of all school families and staff is appreciated.

IHM SCHOOL PRACTICES:

- Elimination of any tree nut and peanut content in all foods brought onto the school premises.
- Read the list of contents on processed foods and keep those with peanuts / nuts away from school.
- Provide education and awareness for members of the school community (children, parents and staff) to support this policy.
 - Provide and understanding in all school children of the importance to protect their friends through the choices of food brought to school and not sharing food items.
 - Provide staff with training regarding the management and treatment of allergen exposure.
 - Provide parents with ongoing communication and education regarding preparation of food items brought to school.
- Provide suggestions for safe food substitutions. (Example there are safe alternatives to peanut butter, a popular food choice for children).

PEANUT / NUT FOOD GUIDE:

- Peanuts aren't truly a nut. They are a legume like peas or lentils and grow underground.
- Nuts grow on trees.

Avoid foods that contain any of the following ingredients:

- cold pressed, expressed, or expelled peanut oil
- ground nuts
- mixed nuts
- Nu-Nuts® artificial nuts
- peanuts
- peanut butter, Nutella
- peanut flour

Quick reference to common tree nut names:

Almond	Ginko nut	Shea nut
Beechnut	Hazelnut	Walnut
Brazil nut	Hickory nut	
Bush nut	Lichee nut	
Butternut	Macadamia nut	
Cashew	Nangai nut	
Chestnut	Pecan	
Coconut	Pine nut	
Filbert	Pistachio	