Resources will be posted to the SPF’s website.

### NEXT STEPS

- Hazelnuts
- Cashews
- Almonds
- Macadamia nuts
- Raisins
- Grapes
- Hazelnut butters
- Nut pastes
- Nut meals
- or expressed peanut oil
- Corn, Rice, or other grains

### PROHIBITED ITEMS

Your child’s school is a “no nut policy” school. It is also a “no peanut policy” school. This means that children may not bring any foods containing nuts to school. This policy is in place to ensure the safety of all students at the school.

### FOOD GUIDELINES

- Include several allergen-free children in all activities possible.
- Comply with the “no nut rule.”
- Inform children not to trade food with others.
- The school community:
  - To which of the items is allergic?
  - Notify an adult immediately if the child starts to have a reaction.
  - Do not eat anything with unknown ingredients or known to contain any allergens.
  - Do not trade food with others.

### THE STUDENT WITH ALLERGIES:

- Symptoms of allergic reaction:
  - Understanding self and immediate family foods.
  - Strategies for avoiding exposure to nuts.
  - Educate the child in self-management of their food allergy.
  - School:
    - Work with the school to develop a plan that addresses the child’s needs throughout the school year.
  - Family:
    - Educate the child about the indications and symptoms of anaphylaxis and techniques for immediate intervention.
    - Ensure that tables with food are washed down after lunch and snacks.
    - Maintain a "safe zone"
    - Enforce the "no-nut policy.

### THE FAMILY:

- Some of the steps we as a community can take to support that child:
  - Promote the safety of all students at the school.
  - Develop a peer mentorship program.
  - Educate the general school community including students about the importance of food allergies.

### WHAT IS OUR RESPONSIBILITY?

ST. PAUL’S SCHOOL’S "NO NUT POLICY" SUMMARIES