

Allergy Policy Quick Reference for Parents

Ann Arbor Open School - Fall 2018

Several students in our school community have severe, potentially life-threatening allergies. Ann Arbor Open has policies and procedures intended to protect those students, while allowing as much personal freedom as possible. For more information visit: <https://medlineplus.gov/foodallergy.html>



Peanuts/Tree Nuts are restricted, for consumption or use, within the building except in specified areas. This to activities during the school day and outside regular school hours.

Nuts are RESTRICTED	Nuts are Permitted
<p>Shared areas including:</p> <ul style="list-style-type: none">● Hallways● Cafeteria● Auditorium (except during lunch periods)● Specials and other common rooms: media center, gym, music rooms, art, game room, computer lab, Spanish, life skills room <p>Nut-RESTRICTED homerooms include- All 7/8 classrooms, Chad, Jamie, Edie, Jennifer, Joe B., Bette, Cedric, Mike.</p>	<p>Auditorium (during lunch periods only)</p> <p>Certain homerooms that are <i>not</i> designated nut-restricted</p>

In shared areas (all are NUT-RESTRICTED) one cannot have:

- Peanuts or tree nuts (e.g., almonds, cashews, walnuts, hazelnuts, pistachios, brazil nuts, macadamia nuts, chestnuts, pecans, pine nuts)
- Items that contain peanuts or tree nuts (e.g., nuts in cookies, granola bars, trail mix, snack mixes, pesto, shea)
- Items that may contain nuts, are produced on shared equipment with nuts or are produced in a facility that processes nuts.

Guidelines for NUT-RESTRICTED HOMEROOMS:

If your child is in a nut-restricted classroom, please carefully follow the following rules:

- No items containing peanuts or tree nuts are permitted in the classroom, except those within a closed lunch container.
 - Lunch containers may not be opened in the classroom at any time.
 - Lunch containers of students with peanut or tree nut allergies are kept separate from the regular lunch tote.
- Individual snacks to be eaten during the school day should be in a separate bag or pocket of a backpack.
- If you bring in classroom snacks, only snacks and treats that are peanut/tree nut free may be served. Items produced on shared equipment with or in the same facility as peanuts or tree nuts are also RESTRICTED.
- Classroom activities and projects – peanuts and tree nuts may not used in the classroom for learning activities, e.g. acorns brought in for show and tell, M & Ms brought in for 100s day. Check with teacher before using sunflower seeds.
- Students in the nut-restricted classroom and those visiting that classroom may be asked to wash hands at designated times during the day to limit risk of exposure to allergens. Hand sanitizers DO NOT remove allergens.

READING LABELS for Nut Allergens

- If a product contains a common allergen (e.g., peanuts/tree nuts), it must be listed EITHER **within the ingredients list** OR **just below it**.
 - **TIP:** It can be easier to look *below* the ingredients list first. If the allergen information is not there, *then* read through the ingredients.
- Read labels each time you buy. Companies change ingredients without warning!
- If you are unsure, err on the side of caution.
- The chart below is NOT exhaustive. For detailed information about reading labels, go to www.foodallergy.org.

do not skip
the
ingredient list

IS IT FREE OF NUT ALLERGENS?

NO	It DEPENDS (read label each time)	YES
Peanuts Tree nuts such as almonds, cashews, walnuts, hazelnuts, pistachios, brazil nuts, macadamia nuts, chestnuts, pecans	Sunflower seeds, sesame seeds, coconut (sometimes processed in nut facilities)	Fresh fruit
Nut butters Nutella Pesto (often contains walnuts or other nuts) Marzipan Almond oil or shea in soaps, lotion, etc.	Sunflower seed butter Soy butter	Fresh vegetables
Baked goods containing peanuts, tree nuts, or nut butters e.g., Washtenaw Dairy donuts	Baked goods from a bakery – often made in a facility with nuts or on shared equipment, e.g. grocery stores Baked goods from home – check packaging of each ingredient	Cheese (on rare occasions no)
Nutty crackers or cereals Pretzels with peanut butter inside Potato chips fried in peanut oil	Cereals Crackers Rice Cakes Pretzels Potato Chips Candies, especially chocolate Popsicles Ice Cream/Frozen Yogurt/Ice Cream Bars (often contain nuts or are made on shared equipment with nuts)	Meats, eggs, fish
Almond Milk	Rice Milk, Soy Milk	Cow or goat milk (Kefir) Yogurt
Granola bars (some exceptions) Granola (some exceptions) Trail Mix	Fruit leather Raisins Snack bars with fruit center	