

# Nut Allergy Policy

Methodist Nursery School and Fairfield Grace United Methodist Church have both adopted nut-safe/peanut-safe policies to protect our children with food allergies.

There is a potentially life-threatening condition called anaphylaxis due to a food allergy that affects several children in our school. A person with this condition can go into an anaphylactic reaction immediately after exposure to the allergy causing substance. In the case of these children in our school, the food allergen is **ALL NUTS, NUT OILS, NUT BUTTERS, NUT FLOURS, NUT FLAVORINGS AND SPICES, and their by-products.**

The amount of 'NUT' exposure needed to cause this life threatening reaction in some cases can be so miniscule that it may not be visible to the eye. Children with allergies can go into an anaphylactic reaction by not only eating the product but **ALSO BY TOUCHING** via direct or indirect contact. Touch contact can occur by touching a table where a nut butter sandwich or cracker has been, or by holding hands with a child who was in direct or indirect contact with the food, or even by playing with toys, books or anything that was handled by someone who handled a food containing the allergen. You can only begin to imagine how fast the food allergen can be spread in a nursery school setting.

Our staff faces a tremendous responsibility in caring for all of the children at our school. In order to keep all of the children in our school safe, it is an MNS policy to ban of **ALL NUTS, NUT OILS, NUT BUTTERS, NUT FLOURS, NUT FLAVORINGS, AND SPICES, (i.e. nutmeg) and their by-products from our school. This includes our Enrichment and Stay & Play Programs, as well as our Winter and Summer Playgroups.**

We ask that all children wash their hands **BEFORE** they enter their classroom each morning. Once this becomes an established routine for both you and the children, it will be very easy. We have listed snack idea on the back of this page. However, please be aware that manufacturers can change their practices at any time, so you must be constantly vigilant. Please **READ** those labels!

Also, please avoid sending home-baked treats into school, as these are inherently dangerous to children with food allergies. We will certainly celebrate birthdays at school that do not involve food. Please discuss the birthday celebration with your child's teacher a week or so in advance of the birthday, so that the teacher can plan accordingly.

We realize that this may be an inconvenience to some, but we think that the seriousness of this condition far outweighs the inconvenience. As parents, teachers, neighbors and friends we are concerned about the safety and well-being of all the children here.