



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**WEST ESSEX YMCA
PEANUT SHELL CHILD CARE CENTER
NUT SAFE POLICY**

To promote a safe environment for all students, Peanut Shell Child Care Center implemented a "Nut Safe" policy because so many children have life threatening allergies. This is a strategy to educate parents and staff about reducing the risk of exposure to life threatening foods. It is important to note that the safety of children with severe reactions requires the cooperation of the entire community. Please read carefully so that you fully understand the guidelines that will be in place.

1. All snacks provided by the YMCA will be free of peanuts/nuts.
2. **Children must refrain from bringing in to school ANY products that contain peanuts/nuts. This includes all snacks as well as lunch items.**
3. If a lunchbox is found to have peanut or nut products, those items will be removed and an alternative nut-free item provided.
4. We do not allow food sharing at school unless it is a special occasion (holiday parties, fruit and veggie sharing days, and other special events). We do check ingredient lists during these events to eliminate any possible reactions.
5. Any baked items brought in for celebrations should be nut-free, or should be store bought with the ingredient label intact.

Here is some helpful information and guidelines:

Please read ingredient labels of all snacks, including those on this list, to ensure that it does not contain any nuts at all or any of the following: peanuts/nuts, peanut/nut butter, peanut oil, peanut/nut flour, peanut/nut meal, or any variety of the statements, "contains peanuts" and "may contain traces of peanuts/nuts"

- Nut-free sandwich breads include: Arnold's Dutch County 100% Whole Wheat, Arnold Grain's & more Ancient Grains, Arnold's Double Fiber, Wonder Bread Whole Wheat.
- Nut-free fruit bars include: Earth's Best/Quaker brand stating clearly 'nut free', Glutino Gluten Free Breakfast Bars (Trader Joe's/Fairway), Nutrigrain cereal bars/yogurt bars, Special K Bars (NOT Honey Nut).
- Nut-free cereals include: Cheerios (multigrain/plain/berry burst, NOT Honey Nut), Rice/Corn/Wheat Chex cereal (not honey nut), Oatmeal w/honey, Oatios, Life Cereal, Rice Cakes (NOT Quaker brand, not nut free)



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HELPFUL PEANUT ALLERGY INFO: (<http://www.foodallergy.org/page/peanut-allergy>)

Some Unexpected Sources of Peanut:

- Sauces such as pesto (pine nuts), salad dressing, gravy and salad dressing
- Some vegetarian food products, especially those advertised as meat substitutes
- Potato pancakes
- Glazes and marinades

Your support and understanding of this policy is greatly appreciated!

Please detach the bottom portion and return with your registration information.

I have read and received a copy of the "Nut Safe" policy.

Child's Name _____

Parent's Name _____

Parent's Signature _____ Date _____