



## Please take particular note that...

Although allergens may be absent in the preparation of meals/snacks, the **RISK** of unintentional allergen cross-contamination in a production kitchen, in transit or at the original source of the primary ingredients, **is still present.**

AND

any “**allergen free**” labeling is not government regulated since the presence of food allergens cannot be tested

AND

a list of ingredients free of any food allergen is not necessarily safe, since “**May contain traces of X-allergen** (e.g. peanuts /nuts)...” labeling is not mandatory or controlled.

***Therefore, it is not possible to guarantee a total absence of allergens in foods.***

***NO packaged/processed food is 100% allergen-free.***

# FOOD ALLERGIES

PEANUT, TREE NUT, EGG, FISH, AND OTHER ALLERGENS

Dear Parents,

Some students in our school have serious food allergies, where even trace amounts of a food allergen (e.g. from peanut, tree nuts, eggs, fish, etc.) can trigger a severe reaction (e.g. anaphylactic reactions). To help reduce the risk of unfortunate events, all students are asked to:

- ✓ Prioritize VEGETABLES, FRUITS and DAIRY PRODUCTS as snacks.
- ✓ Ensure frequent HAND-WASHING
- ✓ Practice the “NO SHARING FOOD” rule

These precautionary measures should be enforced to reduce the contamination of surfaces with food allergens.

Students at risk of developing severe allergic reactions should only eat food prepared from their home, should avoid sharing food with classmates and ensure frequent cleaning of work/play/eating area surfaces. They should also refrain from buying food from outside suppliers (hot lunch programs, fundraising pizza lunches...) or school cafeterias and from consuming food offered through nutritional support programs and daycare services.

Providing a **safe environment** for our students is a major concern. Since the presence of allergens in student lunches cannot be monitored, an ALLERGEN-FREE ENVIRONMENT CANNOT BE GUARANTEED IN OUR SCHOOL.

Students with severe food allergies should use the “**DESIGNATED SAFE EATING AREA**”: a reserved area that is easily cleaned and away from potential hazards. Moreover, if a student feels at risk in the possible presence of an allergen, they should immediately direct themselves to a safe area.

Parents of students with food allergies are reminded to inform the school Principal of their child’s allergy and ensure that auto-injectors are readily available.

Thank you for helping us to keep our children safe.

Your Principal and School Board Dietitian