

CJBS

SPECIAL
NOTICE

Peanut Allergies in School



CJBS promotes a nut-free environment

Chief Jimmy Bruneau School has policies and procedures to meet the needs of children with allergies.

When a student has a peanut or nut allergy, the school asks all parents not to send peanuts or nuts from home. It is very important that the whole school community, including teachers, parents and other children, understands the risks and help allergic children avoid a life-threatening reaction.

What is a peanut allergy?

A peanut allergy occurs when the immune system overreacts to peanut exposure. Peanuts are one of the most common food allergens, especially in children. If a child has a severe allergy, even the smallest trace of a peanut can cause a reaction called anaphylaxis. This can lead to death if the child is not treated. Although some children outgrow their peanut allergy, it usually lasts a lifetime.

What about nut allergy?

A tree nut allergy can also be severe and often lifelong. Tree nuts of concern are almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachio nuts and walnuts. Tree nuts and peanuts are often processed in the same facilities, so there is a risk that tree nuts may have some peanut protein residue on them and vice versa. This is why both peanuts and tree nuts must be avoided.



Please do not send your child to school with foods that contain peanuts or other nuts.

People with peanut allergies have to be very careful about what they eat. It only takes a tiny trace of peanut residue to cause some people to react.

It is very important that everyone that comes in contact with an allergic child is aware of his/her allergy so that they can help the child avoid exposure to the allergen.

Please help to teach your children about allergy awareness:
Discourage students from sharing food at school.

How to avoid peanuts and nuts in food sent to school

When shopping:
Read the labels on pre-packaged foods very carefully every time you shop.

Avoid any products that do not carry a complete list of ingredients (bulk, bakery items).

Watch out for other names for peanuts:
arachide
arachis oil

beer nuts
cacahouete
goober nuts, goober peas
ground nuts
kernels
mandelonas
nut meats, valencias

When preparing food:
Children and adults should wash their hands before and after handling food or eating.

Clean and sanitize work and cooking surfaces, utensils and any equipment that touches food.

Peanut-free Lunch Ideas

Healthy Lunches

A nutritious lunch should contain items from 3 to 4 food groups in Canada's Food Guide: Vegetables and Fruit (preferably some of each), Grain Products, Milk and

Alternatives and/or Meat and Alternatives.



Vegetables and Fruit

- Fresh fruit
- Raw vegetable pieces
- Leftover cooked vegetables
- Canned fruit in juice
- Fruit juices
- Vegetable or tomato juice
- Vegetable-based soups
- Fruit salads

Grain products

- Whole grain bread or bagel
- Whole grain pita, flat bread or tortilla
- Pasta or noodles
- Rice
- Bannock (preferably whole grain)
- Whole grain crackers
- Whole grain Melba toast
- Whole grain cereal
- Small muffin

Milk and alternatives

- 2%, 1% or skim milk (white or chocolate)
- yogurt
- cheese
- cottage cheese
- fruit smoothie
- milk pudding
- fortified soy beverage

Meat and Alternatives

- Canned fish (light tuna, salmon)
- chicken, turkey or roast beef
- Hummus, beans or lentils
- Hard-boiled egg
- Dry meat or caribou meat
- Dry fish

Sample Lunch Menus

- Day 1**
Whole grain bagel
Sliced turkey or ham
 pudding cup
Baby carrots
100% orange juice
- Day 2**
Bannock (preferably whole grain)
Dry meat
Sliced vegetables
Yogurt
Water
- Day 3**
Whole grain crackers and cheese
Vegetable soup
Apple
Chocolate milk

Peanut-free Snacks

Remember to always check the labels of any pre-packaged foods and any ingredient that you use in cooking.

Fresh fruit

Raw vegetables with yogurt dip

Apple sauce

Canned fruit salad (in juice)

Whole grain crackers and cheese yogurt

Milk (white or chocolate)

Fortified soy beverage

Whole grain cereal

Muffin

Whole grain breadsticks with hummus or bean dip

Mini pita stuffed with tuna salad

