

## SAINT KATERI ALLERGY-ANAPHYLAXIS MANAGEMENT PLAN REVIEW

We have students in our school that have anaphalactic allergies to tree nuts, peanuts, milk, eggs and fish (tuna). Even exposure to a tiny amount of these foods could be potentially serious and life-threatening for some of our students. *Peanuts, tree nuts and fish are not permitted in the school.*

To help us to keep your children safe when they are at school, we are asking for your assistance by:

- \* Checking the ingredients of items you send to school
- \* Please refrain from sending spillable milk products to school, solid milk products such as cheese are safer choices than liquid ones.
- \* Review and practice proper hand washing techniques with your child before and after eating
- \* Teach your children to understand this very serious situation and encourage empathy for children with special dietary restrictions
- \* Consider sending non-edibles items, such as stickers and pencils instead of edible items (i.e. cupcakes) for special events such as birthday celebrations.
- \* If you choose to send in treats for special events please ensure they are not made with nuts, are clearly labeled and are manufactured in a nut free facility (this must be clearly labeled on the product) or bring in healthy treats for any and all celebrations to help promote healthy habits
- \* Encourage your children to read labels

This may be an inconvenience for you, but together with your support we endeavour to keep all of our children safe.

To assist you at home when preparing lunches and snacks for your children to be eaten at school we have provided an extensive list of allergen safe foods.

### **Safe Snack Allergen Free Foods:**

- **Fresh Fruits and Vegetables**
- **Apple Sauce (including squeeze types)**
- **Raisins/Craisins**
- **Fruit Cups**
- **Fruit Snacks and Bars ( Fruit-To-Go, Fruit Source, Squiggles, Character Snacks and Fruit Roll Ups**
- **Jello Cups**
- **Crackers (Melba Toast, Wheat Thins, Ritz, Vegetable Thins, Triscuits, Premium Plus)**
- **Graham Crackers**
- **Cookies (Oreos, Arrowroot, Chewy Chips Ahoy, Fudgee-o, Dad's, Maple, Christie Snack Packs, Animal Crackers, Teddy Grahams.**
- **Chips (Ruffles + Lays Regular, BBQ, and All Dressed, Regular Pringles, Stax, Miss Vickies Sea Salt**
- **Pretzels**
- **Nachos and Salso**
- **Salad Dressings (French and Italian)**
- **Hummus**
- **Rice Cakes (Quaker Plain)**
- **Dry Cereal (Shreddies, Alpha Bits, Fruit Loops, Cheerios, Golden Grahams, Mini Wheats, Life, Lucky Charms, Honey Comb)**
- **Frosted Pop Tarts (Raspberry, Strawberry, Blueberry)**
- **Enjoy Life Products**
- **Skittles (Original and Tropical)**
- **Twizzlers (Original, Cherry, Strawberry)**
- **Maynard Gummies**
- **Apple/Orange Juice**

### **Safe Lunch Alternatives**

- **Jam/Jelly**
- **Ham, Turkey, Roastbeef, Chicken**
- **WOW Butter/ Sunbutter**
- **Roma Pizza**
- **Salads with Oil Based Dressings**
- **Chunky Beef and Chicken Soup**
- **Vegetable and Chicken Noodle Cup-A-Soup**
- **Pinty's Bread Chicken Nuggets and Fingers (Frozen Type)**
- **Dempster Breads**

*Thank you for your continued support and cooperation in ensuring the safety of all students at Saint Kateri Tekakwitha Catholic School.*