

The following classroom(s) is peanut and tree nut free zone for the 2016-17 school year:

Preschool Room 110-Barnes

Dear Parents,

Take time to read through the information provided below regarding an allergy in your child's classroom. Food allergies can be life threatening. We depend on you to help us provide the safest environment possible for all of our students. We appreciate your cooperation when packing lunches and sending in snacks to the classroom.

After reading through the information, you will find a form to sign and return. This form must be returned on the first day of school, along with your Enrollment Forms. If you have any questions, please ask the classroom teachers or the preschool admin.

- Items containing label warnings for peanuts and/or tree nuts that are sent to school accidentally, will not be opened nor served and will be sent home with notification.
- It is required that you put your child's name on each food container, to avoid accidental mix ups.

Packaged foods are required by the FALCPA to be clearly labeled. Items labeled with the following warnings or prepared with ingredients containing the following label warnings are **not** permitted in the classroom:

- *contains peanuts/contains tree nuts
- *may contain peanuts/may contain tree nuts
- *processed in a facility with peanuts/tree nuts

Attached is additional information on nut allergies along with a list of common foods containing these allergens.

Thank you for your cooperation and attention to this matter.

Sincerely,

-Preschool Admin.

Peanut Allergy

Peanut allergy is a common allergy among children. Approximately 0.6% of American children have a peanut allergy. Peanuts are a common allergen reported to cause fatal and near-fatal allergic reactions. It is important to know the symptoms of a severe allergic reaction called anaphylaxis. Peanut allergy is usually life-long once acquired. Studies show that about 20% of peanut allergic children will outgrow their peanut allergy. Children with a peanut allergy must avoid peanut in all forms. This includes all peanut products. Children with a peanut allergy also must avoid anything containing traces of peanut ingredients in it. Highly refined peanut oil will not be labeled as a major allergen on an ingredient statement. There are clinical studies showing that highly refined oils can be safely eaten by food allergic individuals. This is because highly refined oils contain extremely small levels of allergenic protein. However, people with peanut allergy need to avoid any expeller pressed, extruded or cold pressed peanut oil. These types of oil do contain peanut protein and must be listed on the label as an allergen.

For Peanuts: Always read the entire ingredient label to look for the names of peanut. Peanut ingredients may be within the list of the ingredients. Or peanut could be listed in a "Contains: Peanuts" statement beneath the list of ingredients. This is required by the federal Food Allergen Labeling and Consumer Protection Act (FALCPA). Learn more about the U.S. food allergen labeling law. FALCPA requires that all packaged foods regulated by the FDA must list "peanut" clearly on the ingredient label if it contains peanut. Advisory statements such as "may contain peanut" or "made in a facility with peanut" are voluntary. Advisory statements are not required by any federal labeling law. Discuss with your doctor if you may eat products with these labels or if you should avoid them.

Did you know that arachis, hypogaeic acid and mandelonas all contain peanut? The FDA food allergen label law requires foods to state if they contain a top 8 allergen such as peanut. But, there are many foods and products that are not covered by the law, so it is still important to know how to read a label for peanut ingredients. Products exempt from plain English labeling rules: (1) Foods that are not regulated by the FDA. (2) Cosmetics and personal care items. (3) Prescription and over-the counter medications. (4) Toys, crafts and pet food.

CONTAIN PEANUT

The following ingredients found on a label indicate the presence of peanut protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

Arachic oil

Arachis

Arachis hypogaea

Artificial nuts

Beer nuts

Boiled peanuts

Cold pressed, extruded or expelled peanut oil

Crushed nuts, crushed peanuts

Earth nuts

Goober peas

Ground nuts, ground peanuts

Hydrolyzed peanut protein

Mandelonas

Mixed nuts

Monkey nuts

Nu nuts flavored nuts

Nut pieces

Nutmeat

Peanuts, peanut butter, peanut butter chips,

peanut butter morsels

Peanut flour

Peanut paste

Peanut sauce, peanut syrup

Spanish peanuts

Virginia peanuts

PEANUT IS SOMETIMES FOUND IN

Artificial flavoring

Baked goods

Candy

Chili

Chocolate

Crumb toppings

Egg rolls

Enchilada sauce

Ethnic foods: African, Asian, Chinese, Indian, Indonesian, Thai, Vietnamese, Mexican

Fried foods

Flavoring

Graham cracker crust

Hydrolyzed plant protein

Hydrolyzed vegetable protein

Marzipan

Mole sauce

Natural flavoring

Nougat

However, if the product is an FDA regulated food, the word "Peanut" must appear on the label.

Tree Nut Allergy Tree nut allergy is the second most common allergy in infants and young children.

Approximately 0.4- 0.5% of American children have a tree nut allergy. Tree nuts are a common allergen reported to cause fatal and near-fatal allergic reactions. Tree nut allergy is usually life-long once acquired.

Approximately 9% of children allergic to tree nuts may outgrow their allergy. Children with a tree nut allergy must avoid that tree nut and all products containing that type of tree nut. Children with a tree nut allergy also must avoid anything containing traces of ingredients containing that tree nut.

There is a potential of tree nut products having cross-contact other tree nuts and with peanuts. For this reason, your child's doctor may advise you to avoid all tree nuts and peanuts.

How to Read a Label for Tree Nuts

Always read the entire ingredient label to look for the names of the tree nut(s) you need to avoid. Tree nut ingredients may be within the list of the ingredients. Or tree nuts could be listed in a "Contains" statement beneath the list of ingredients. Examples are "Contains Walnut" or "Contains Almond". This is required by the federal Food Allergen Labeling and Consumer Protection Act (FALCPA). Learn more about the U.S. food allergen labeling law.

FALCPA requires that all packaged foods regulated by the FDA must list the common names of tree nuts clearly on the ingredient label if it contains tree nuts. Advisory statements such as "may contain hazelnuts" or "made in a facility with tree nuts" are voluntary. Advisory statements are not required by any federal labeling law. Discuss with your doctor if you may eat products with these labels or if you should avoid them. Did you know that marzipan, mortadella cheese and mandelonas all contain tree nuts? The FDA food allergen label law requires foods to state if they contain a top 8 allergen such as tree nuts. But, there are many foods and products that are not covered by the law, so it is still important to know how to read a label for tree nut ingredients. Products exempt from plain English labeling rules: (1) Foods that are not regulated by the FDA. (2) Cosmetics and personal care items. (3) Prescription and over-the-counter medications. (4) Toys, crafts and pet food.

CONTAIN TREE NUTS

The following ingredients found on a label indicate the presence of tree nuts. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

COMMON TREE NUT NAMES (FDA LIST)

Almond
Beechnut
Brazil nut
Bush nut
Butternut
Cashew
Chestnut
Coconut*
Filbert
Ginko nut
Hazelnut
Hickory nut
Lichee nut
Macadamia nut
Nangai nut
Pecan
Pine nut
Pistachio
Shea nut
Walnut

COMPLETE LIST OF TREE NUT NAMES (BOTANICAL NAMES AND DERIVATIVES)

Almond
Almond paste
Anacardium nuts
Anacardium occidentale (Anacardiaceae) [botanical name, Cashew]
Artificial nuts
Beech nut
Brazil nut
Bertholletia excelsa (Lecythidaceae) [botanical name, Brazil nut]
Bush nut
Butternut
Butyrospermum Parkii [botanical name, Shea nut]
Canarium ovatum Engl. in A. DC. (Burseraceae) [botanical name, Pili nut]

Caponata
Carya illinoensis (Juglandaceae) [botanical name, Pecan]
Carya spp. (Juglandaceae) [botanical name, Hickory nut]
Cashew
Castanea pumila (Fagaceae) [botanical name, Chinquapin]
Castanea spp. (Fagaceae) [botanical name, Chestnut (Chinese, American, European, Seguin)]
Chestnut (Chinese, American, European, Seguin)
Chinquapin
Coconut*
Cocos nucifera L. (Arecaceae (alt. Palmae)) [botanical name, Coconut]
Corylus spp. (Betulaceae) [botanical name, Filbert/hazelnut]
Filbert
Fagus spp. (Fagaceae) [botanical name, beech nut]
Gianduja
Ginko nut
Ginkgo biloba L. (Ginkgoaceae) [botanical name, Ginko nut]
Hazelnut
Heartnut
Hickory nut
Indian nut
Juglans cinerea (Juglandaceae) [botanical name, Butternut]
Juglans spp. (Juglandaceae) [botanical name, Walnut, Butternut, Heartnut]
Karite (shea nut)
Lichee nut
Litchi chinensis Sonn. Sapindaceae [botanical name, Lichee nut]
Lychee nut
Macadamia nut
Macadamia spp. (Proteaceae) [botanical name, Macadamia nut/Bush nut]
Mandelonas
Marzipan
Mashuga nuts
Nangai nuts
Natural nut extract (for example, almond extract)
Nougat
Nu-Nuts®

Nut butters (e.g., Almond butter, Hazelnut butter, Brazil nut butter, Macadamia nut butter, Pistachio nut butter, Shea nut butter, Karike butter, as well as other nut butters)

Nut meal

Nutella®

Nutmeat

Nut oil (e.g., Walnut oil as well as other nut oils)

Nut paste

Nut pieces

Pecan

Pigñolia

Pili nut

Pine nut

Pine nut (Indian, piñon, pinyon, pigndi, pigñolia, pignon nuts)

Pinon nut

Piñon or Piñon nut

Pinus spp. (Pineaceae) [botanical name, Pine nut/piñon nut]

Pistachio

Pistacia vera L. (Anacardiaceae) [botanical name, Pistachio]

Pralines

Prunus dulcis (Rosaceae) [bontanical name, almond]

Shea nut

Sheanut

Vitellaria paradoxa C.F. Gaertn. (Sapotaceae)

[botanical name, Shea nut]

Walnut (English, Persian, Black, Japanese, California)

TREE NUTS ARE SOMETIMES FOUND IN

Artificial flavoring

Baked goods

Mortadella

Natural flavoring

Nougat

Pesto

However, if the product is an FDA regulated food, the common tree nut name must appear on the label

Please print and return this page to your child's teacher.

I have read and understand that my child's class room is a peanut and tree nut free zone for the 2016-2017 school year.

Parent Signature _____

Date _____

Parent Name (printed) _____