

Bal Swan is a “Nut Free” School (No Peanuts, No Tree Nuts)

Information for Parents/Caregivers

Each year there are several students attending Bal Swan who have a severe allergy to nuts. These students could have a life threatening reaction if they are exposed to nuts.

Consequently, Bal Swan is a “Nut Free” School. This means no nuts or food/product containing nuts are allowed in the school at any time:

- **No peanuts**
- **No tree nuts.** Includes (but not limited to): almonds, walnuts, cashews, pecans, chestnuts, pistachios, hazelnuts/filberts, Brazil nuts, pine nuts, macadamia nuts
- **No nut oil** (e.g. peanut oil)
- **No nut butter** (e.g. peanut butter, almond butter)
- **No nut extract** (e.g. almond extract)
- **No nut paste** (e.g. almond/marzipan paste)
- **No product containing nuts**
- **No product containing nut oil**
- **No product which say “may contain nuts” or “may contain traces of nuts”**

Please do not send any of these products to school with your child (eg snack, lunch), and do not allow others (family members, nannies, etc.) to bring them into the school.

Please read food labels carefully to assure food sent to school does not contain any of the nut products listed above. Snack items should be brought in the original container so teachers can check ingredients on the food label.

If there is a student in your child’s classroom with a nut allergy, you will be informed of this by the teacher so extra precautions can be taken. For example:

- Parents will be asked to provide whole fruit/veggies or fruit/veggies that are prepackaged (and teachers will cut up at school if needed). This will avoid the possibility of cross-contamination (eg. cutting apple slices at home on a cutting board that was used to cut a peanut butter sandwich).
- In addition to the school-wide restrictions described above, if there is a child with a nut allergy, no food products are allowed in that classroom if a food label has the following wording on the packaging (or similar wording):
 - “Processed in a facility that also processes nuts”
 - “Processed on equipment that also processes nuts”

Special Note: Bal Swan makes every effort to provide a “nut free” environment. However, we cannot guarantee a nut free environment, and nut exposure is still possible. Parents of a child with a severe nut allergy should contact Bal Swan’s school nurse so that a health care plan can be developed and emergency medication can be kept at school to be given in case of an accidental exposure.

Thanks for your help in keeping all our Bal Swan students safe!

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