

## IMPORTANT NOTICE REGARDING FOOD ALLERGIES

Dear Parents,

Welcome to the 2020-21 school year. This letter is to provide you with information regarding nut allergies. There may be some children in your child's class who have peanut and/or tree nut allergies. As the safety of our children is paramount to all of us at Mountain Park School, **we need your support to make our classrooms and snack times nut free**. Although food or snacks this year will be eaten outside of the classroom during our modified recess/snack time, we will still maintain a nut free environment.

A child with a nut allergy can suffer a serious reaction merely by touching a food containing a peanut or tree nut. Therefore, we ask that you adhere to the following safety guidelines.

- Please **do not send in any peanuts, peanut butter or foods containing peanuts or peanut butter** to be eaten during snack time.
- Please **do not send any tree nuts or foods containing tree nuts**. Examples of common tree nuts include almond, Brazil nut, cashew, chestnut, filbert, hazelnut, macadamia nut, pecan, pine nut (pignoli), pistachio, and walnut.
- **Read ingredient labels carefully** to ensure that the snack sent in with your child is peanut and tree nut-free. This includes foods processed in a nut facility.
- If your child ate foods containing nuts before school, please have your child wash his/her hands with soap and water before sending them to school.  
*(Note: Hand sanitizer does not remove peanut residue)*

Please do not hesitate to contact me with any questions or concerns about food allergies. I can be reached at 908-464-1713 X 4530 or [clake@bhpsnj.org](mailto:clake@bhpsnj.org)

Sincerely,

Cathy Lake, R.N.,  
Mountain Park School Nurse