



"Where Kids Count"

Nut Safe Centre

Dear Parents and Guardians:

It's becoming more and more common that children suffer from severe food allergies. Within our Centre there are several children who have potential life-threatening food allergies (anaphylaxis), predominately to peanuts, nuts and nut by-products.

We feel that the best way to reduce the risk of accidental exposure is to ask for the cooperation of the parents/guardians of our center. In the Centre we have eliminated all peanuts, nuts and nut by-products from our menus. In our school age programs, children are asked to bring snacks and lunches that are free of peanuts, nuts or nut by-products. Our concern is also for foods where peanuts or nuts may be a hidden ingredient and where cross contamination may occur. Please check all food labels to ensure there are no traces of nuts or nut by-products.

In a childcare setting cross contamination is the greatest risk for this type of allergy. For example, it can occur when peanut butter is on someone's hands and could get transferred to other surfaces. The allergic child touches the peanut butter and then puts their hands in their mouth. Even a small amount can cause death.

I'm sure you will appreciate the seriousness of this condition and that you will assist us in our efforts to create a safe environment. With your cooperation we can minimize the risk of accidental exposure that could cause an allergic reaction.

Sincerely,

MTJB Board of Directors