



JEWISH COMMUNITY CENTER



Peanut/Tree Nut-Free School Policy

The Bertha Alyce Center is built on a foundation of love that honors the goodness and unique gifts of every child. This school year we have a number of children with severe peanut allergies. As a school dedicated to the some of the youngest members of our community, we understand that many of our students are not old enough to make sound decisions when it comes to what should go into their mouths and are less able to manage their allergies. And while our staff does an amazing job of cleaning and wiping down playing surfaces, toys, and chairs, there are some children within our school who could have a serious allergic reaction from contact with even a microscopic amount of the offending foods. As we work on transition with the little ones, there are many instances where children use common space within our building and it is because of this that **we have decided to make our school a Peanut/Tree Nut-Free School this year.**

We ask that no peanuts or tree nuts be brought into our school. Foods sent in for snack, lunch, or any class event (including parties, field trips, etc.) should be carefully checked to make sure they are peanut/tree nut-free. Families can help ensure that our school stays peanut/tree nut-free by reading packaging labels and reminding children not to share food with other children at school. We need to make sure that there is little opportunity for a child to be exposed to foods that could harm him/her.

For your reference we have compiled a list of items that should not be brought in to school, along with ideas for a Peanut/Tree Nut-free lunch, snack, and treats. All of this information will be available on our website for you to refer to throughout the school year.

We appreciate your cooperation with this policy—the sacrifice of not having nuts or nut products in the school is a small one to make compared to the consequences a child with severe allergies could face. If you have any questions, please feel free to contact Bonnie Kasner.

Peanut & Tree Nut-Free Snacks & Treats

- Yogurt – plain or mixed with fruit
- Baked tortilla chips with salsa
- Vegetables with dip
- Low-fat granola bars (not peanut)
- Unsweetened cereal
- Graham or goldfish crackers
- Low/No fat cottage cheese
- Popcorn (NO Crunch-N-Munch)
- Low-fat granola

- Fruit Roll-ups
- Applesauce
- Fresh fruit
- Jell-O pudding bites
- Soy butter/crackers
- Hard-boiled egg
- Saltine crackers
- Fruit cocktail
- Cheeze-Itz

- Pudding Cups
- Canned fruit in juice
- Teddy Grahams
- Pretzels
- Animal crackers (Barnum)
- Bagel w/ cream cheese
- Cheese or cheese sticks
- Raisins
- Fruit Loops cereal

Peanut & Tree Nut-Free Snacks & Treats

- Grain Products
- Breads – no nuts
- Rye-cracked wheat
- Spaghetti
- Bagels
- Pita bread
- Muffins
- Crackers
- Macaroni & cheese
- Pasta or rice salad
- Soups with rice or pasta

- Vegetables & Fruits
- Fresh fruit
- Canned fruit in juice
- Fruit/vegetable juice
- Vegetable sticks
- Coleslaw
- Vegetable soup
- Salad
- Raisins

- Dairy
- Milk
- Cheese
- Low-fat cottage cheese
- Cream soups
- Low-fat yogurt
- Hot chocolate
- Custard, puddings
- String cheese
- Cheese slices

- Meat & Alternatives
- Hard-boiled eggs
- Soy butter with jelly
- Sunflower seed butter
- Cold meats
- Pizza
- Refried beans
- Lentil soup
- Meatloaf
- Chili
- Hummus

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JOE WEINGARTEN BUILDING	3601 S. BRAESWOOD	HOUSTON, TX 77006	713.229.3200	FAX 713.351.7223
HELBSTEIN BUILDING	1120 DAIRY ASHFORD	HOUSTON, TX 77079	281.336.3967	FAX 281.336.0134
MORFESS TEEN CENTER	9000 S. RICE	HOUSTON, TX 77006	713.636.7200	FAX 713.667.0766



Please do NOT send any of the following to school:

- Peanut butter or any other nut butter including Nutella
- Crackers with peanut butter filling
- Any muesli bar, biscuit or other product that list nuts as an ingredient
- Trail mixes with nuts, granola bars with nuts, or dried fruit with nuts
- Cereal with nuts (EG: Honey Nut Cheerios)
- Nuts in salad
- Candy or cookies containing nuts
- Loose nuts of any kind (peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, coconut, pecans, pistachios, etc.)
- Anything cooked in peanut oil that has been cold pressed, expelled or extruded
- All nut pastes (EG: Almond paste)
- All nut extracts (EG: Almond extract – used in making various cookies)

Please make sure that you always check the labels on the food you are sending in to school. The FDA requires all manufacturers to list on their label if peanuts and/or tree nuts are in their product. *If it says peanuts/ tree nuts are contained in the food, consider it a banned item.* Remember - **manufacturing processes change, so a food that was safe, may not continue to be. It's still important to read the ingredient label each time you purchase a food.**

Food labels that say: — “May contain or contain peanut or tree nuts” are **NOT OK** to bring to school to eat.

Examples: *Quaker Granola Bars S'mores flavor: May Contain Traces of Peanuts.*

Food labels that say: — “Processed in a facility that also processes peanuts & nuts” are **OK** to bring to school for personal consumption.

Food that contains:

Tree nuts or peanuts in the ingredient list. peanuts”

NO

Food that is:

“Made on equipment that processes nuts or peanuts”

or

“May contain traces...”

NO

Food that is:

“Made in a facility that processes nuts or

YES