

Memorial School
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Healthy, Peanut/ Nut Free celebrations, treats, goodie bags

Dear Parents:

In an effort to be a healthy, allergy aware community, we are putting the following safety guidelines into effect:

Edible Birthday treats MUST BE healthy, and nut-free.

Some healthy treat ideas:

- All fresh fruit and vegetables
- Sugar-free Jello
- Popcorn
- Cheese and crackers
- Yogurt
- Mini bagels with butter
- Graham crackers
- Goldfish
- Pretzels

If you must send in a sweet treat, **ONLY** mini cupcakes are allowed.

NO home baked items. Please send in only store bought, clearly marked **PEANUT FREE/NUT FREE**. Thank you.

Birthday parties are a special time for children, but can be a difficult time for the food-allergic child.

Please do not send any peanuts, peanut butter or foods containing peanuts/ nuts or peanut butter to be eaten during classroom birthdays or holiday celebrations, or sent in as treats, or goodie bags. It is fine to send these products for your own child's lunch.

Please talk to your child, and help them to understand that under NO circumstances should they be sharing or "trading" their snack or lunch with other students. We will request children who ate peanut butter or peanut/ nut products for lunch to wash their hands. Similarly, if your child ate peanut butter/ nut products for breakfast, we would greatly appreciate your making sure that his/her hands are washed with soap and water before leaving for school.

Water alone does not do the trick!

We trust that you understand how deeply important it is to respect and adhere to these guidelines. If you have any questions or concerns about food-allergy-related issues, please contact Cristina Cammarato, School Nurse at 732-264-5420.

Wishing you and your family a safe and healthy school year.

Cristina Cammarato BSN,RN,CSN-NJ

Memorial School Nurse

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