



FRANKLIN ELEMENTARY SCHOOL

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Joel Jocelyn, Ed.D.
Principal

Wednesday, August 28, 2019

Dear Parents and Guardians,

Since September 2014 we have asked all families at Franklin, in collaboration with School Health Services, to help in maintaining a safe classroom environment for all by refraining from sending in any foods containing peanuts, tree nuts or other nut products to school for snack during the school year. This measure is taken to limit the exposure of students with Life-Threatening Food Allergies to peanuts and tree nuts to foods containing these ingredients while in the classroom. This safety measure is in addition to our strict no food sharing policy at school.

During lunch, there is a table designated as a Peanut & Nut Safe table where students with LTFA to peanuts and/or tree nuts can safely eat their lunch as no foods containing these ingredients can be brought to the table. If you have a child with an allergy to only peanuts or only tree nuts, we ask that you refrain from sending both peanut and tree nut products for lunch if your child is sitting at the Peanut & Nut Free table to maintain a safe zone for all students with these common food allergies.

Also, proper hand hygiene is encouraged daily, and desks and lunch tables are cleaned after each snack and lunch period by teachers and lunch staff to ensure children's safety further.

Below you will find a list of suggested healthy, easy, nut-free snacks. Ms. Chiozzi, one of our Kindergarten teachers, compiled this list from information provided at <http://snacksafely.com/safe-snack-guide/>. It's a great website that provides a regularly updated list of peanut/nut-safe products, and lots of other excellent food allergy information.

****Note to Parents: PLEASE continue to read ALL labels and ALL packages for allergy information, as ingredients may change!** If peanuts or any type of tree nut is listed as an ingredient, then please refrain from sending in that product for snack.**



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Suggested peanut/nut-safe snacks:

- String Cheese
- Yogurt
- Goldfish Crackers (try the whole grain version for a touch of fiber!)
- Graham crackers
- Applesauce
- Nutri-Grain Bars
 - While many granola bars contain nut products, Nutri-Grain bars are nut-free!
- Crackers and Cheese
 - Wheat Thins make a hearty, nut-free snack, and cheese will provide protein.
- Pretzels
 - UTZ Pretzels are generally nut-free.
- Popcorn
- Fruit snacks
- Raisins and other dried fruit
- Fresh fruit and veggies are always a good snack!

Please consult with the school nurse or me if you have any questions or concerns about our policy. The staff and I want all families and students to feel safe and supported at the Franklin School.

Sincerely,

Joel Jocelyn
Principal