

## NCA Nut Free Policy

Several children at Northside Christian Academy have a serious peanut/tree nut allergy. Peanut/tree nut allergy claims more lives each year than any other food allergy. Accidental ingestion of the offending allergen occurs most often at school. A child with a serious peanut/tree nut allergy can suffer a severe reaction by ingesting trace amounts or simply touching or inhaling a peanut/tree nut-containing food.

There are no cures for food allergies, so strictly avoiding the allergy-causing food is the safest plan.

The safety of all of our children is paramount to all of us at Northside Christian Academy. This is why we are taking the opportunity for our school family to practice Romans 12:10 *“Be devoted to one another in brotherly love. Honor one another above yourselves.”*

### **Please help us by voluntarily adhering to the following food allergy safety guidelines:**

1. Do not send any food items to be eaten as snacks in our classrooms with ingredient labels indicating peanuts, tree nuts or any type of nut.
2. School events are a special time for children, but can be difficult for the food-allergic child. When sending treats with your child, please ONLY bring commercially packaged foods. Please be careful about the ingredients, as some brands/flavors of baking products are processed in factories which process nut products.

Note that bakeries often use the same bowls and utensils to prepare items with nuts and those items without nuts. It is important to avoid cross-contamination.

**Remember**, the safest way to reduce peanut/tree nut allergy risks in our classrooms is to take the time to read ingredient labels carefully.

### **So what kinds of foods are safe to bring to a nut-free classroom?**

**Fresh fruit** - Bananas are popular year-round, apples and pears are great in the fall, and clementine are easy to peel and available through the winter, just to name a few.

**Cheese** - Most cheese is nut-free, including kid-friendly string cheese and convenient cheese cubes.

**Vegetables** - Baby carrots, cherry tomatoes, broccoli, and cauliflower are among the vegetables some kids will eat raw. Small containers of plain yogurt, salad dressing, or sour cream may be good dips.

**Applesauce** - The healthiest and most convenient type is unsweetened applesauce (single cups).

**Raisins and other dried fruits, pudding cups, air-popped popcorn, most fruit snacks, most chips: potato, tortilla, etc., lunch meat & sandwich bread, soy butter (tastes like peanut butter), juice, water, soda, and most other beverages.**

Some cookies, snack cakes, and crackers. These are more likely to contain nuts or to pose cross-contamination risks than other items on this list, so either check labels very carefully or consider buying these items from a nut-free manufacturer such as [Enjoy Life Foods](#) (available nationally).

Thank you for your support, compassion, and cooperation!