

Milford Preschool, LLC.
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Milford, Connecticut 06460
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Dear Parents,

There are students in our school who have a life-threatening allergy to all nuts: including peanuts, peanut butter, pecans, walnuts, nut oils (ie. Peanut oil) nut flavorings (ie. Almond extract) etc. The only way to ensure a safe environment for these children is to make our classroom NUT-FREE. To do this we need everyone's cooperation.

For the safety of the children we are instituting these restrictions in the classroom. We are asking parents to be conscientious in the selection of snacks that your children bring to school in an effort to limit the chances of these children being exposed to nuts. Please check the ingredients of all food that your children bring to school. Coconut is not a nut and does not pose any risk. In the classroom cross contamination is the greatest risk from this type of allergy. Cross contamination occurs when a few crumbs from one child's food is dropped and then picked up by an allergic child. *A small amount can kill.*

It is difficult at best to get children to eat healthy snacks, however, we hope that you will appreciate the seriousness of this condition and that you will assist us at the school in our efforts to create as safe an environment as possible. With your cooperation we can minimize the risk of an allergic reaction.

Below is a partial list of items that have no nut products in them. They are listed to give you some ideas of safe snacks. ** The only way to be absolutely sure is to read the labels carefully, so please send the packages to school with your child. Please note products often change ingredients and methods of manufacturing so labels need to be read every time. Beware products prepared on equipment that process nuts are contaminated this includes Dunkin Donuts, and most of the cupcakes and baked good items packaged in the grocery stores.

Safe Foods So Far

Fruit: apples, oranges, grapes, bananas, raisins, etc., applesauce and canned fruit

Vegetables: carrots, peppers, celery with cream cheese, etc.

Jell-o pudding and Jell-o, Swiss miss pudding

Yogurts (no stir-ins)

Dunkin Hines and Betty Crocker cake mixes and frostings (be careful brownies may have nuts, check labels)

Rice Krispie Treats

Crackers: Wheat Thins, Triskits, Cheese Nips, Cheese Its, Saltines, Goldfish, Club

Cookies: Snackwells, Oreos, Chips Ahoy, Vienna Fingers, Nabisco Nilla Wafers,

Teddy Grahams

Cheese and crackers, Pretzels (read the labels on all pretzels and graham crackers)

