



ALLERGIES LETTER 2023-24

As a nut-aware preschool, Pomme d'Api asks that you **please do not send any snacks containing tree nuts or peanuts**.

For children with allergies, prevention is the best approach to avoid a severe reaction. Students who have severe allergies to food substances are exposed to a serious health risk when those food substances are consumed in their environment or shared with them. **Please speak with your child about not sharing their snacks with other students.**

There are many foods that you can send with your child, including foods suitable for sharing on special occasions. Some suggestions for what to pack for your child's snack include the following:

- Fresh fruit and veggies
- Crackers (nut-free)
- Dried fruit
- Cheese
- Apple sauce cups
- Granola bars (nut-free)
- Fruit cups
- Muffins (nut-free)
- Seaweed snacks
- Popcorn
- Rice or corn crackers or rice cakes
- Yogurt

The preschool has procedures for the prevention and management of allergic/anaphylactic reactions. If your child has health problems of any kind, please inform the teachers immediately so that the necessary health protection steps may be taken. This letter will be updated as needed throughout the school year.

Thank you for your understanding and cooperation in ensuring the safest environment for our children.

For more information about food allergies, please visit <http://foodallergycanada.ca/about-allergies/anaphylaxis/>