



## *Living and Sharing the Gospel of Christ*

---

2427 Marietta Avenue  
Lancaster, PA 17601

Phone: (717) 394-1742  
Fax: (717) 392-4080

www.stleoschool.org  
Email: secretary@stleoschool.org

Dear Parents,

With the rise of severe food allergies at St. Leo's School, we are working hard to improve our practices. Students with severe peanut and tree nut allergies can have a severe allergic reaction (including anaphylaxis), in a matter of seconds to these allergens. **Some of our students at St. Leo's do not even need to ingest the nut to have this reaction. Simply coming in contact with the allergen, whether on a desk or other classroom surface, is enough to give them a severe reaction.**

Below is a summary of our updated policies:

1. Classrooms: All classrooms are nut free. This means that no nut products (peanut or tree nut) may be eaten in any classroom, even if there is not a food allergic child in that classroom.
2. Snacks: All snacks are to be nut free, and from the Approved Snack List. (Please take care to read all labels to be sure that the item is nut free. Please do not send in items that say "**may contain peanuts**" or "**may contain treenuts**" in the ingredient list). We understand that mistakes happen. If a nut product is accidentally sent in for snack, the item will be returned with your child to be enjoyed at home. Your child will be given a nut free snack from the teacher on that day.
3. Approved Snack List: Attached please find an approved snack list. While there are more peanut and tree nut free snacks available, this condensed list has been created to help the teachers quickly verify the safety of snacks in the classroom. We worked hard to come up with a variety of options.
4. Classrooms Activities and Food (ie Class Parties): All food served at class functions must be nut free and store bought, so the ingredient list can be consulted. While we love the idea of homemade treats, it is impossible to ensure that these are nut free. This is for the safety of our severely allergic children. This will also allow for all of the children to be able to eat the treats at class parties.
5. Lunch in the Cafeteria: Your child is still permitted to bring nut items in their lunch. Lunches are eaten in the cafeteria. Children with nut allergies sit at a nut free table in the cafeteria.
6. Lunch in the classroom: On the few days when the children will eat in the classroom, a reminder notice will be sent home so nut items are not sent in on those days.

We are very sensitive to how these policies might impact the families and children without food allergies and are working hard to find a working solution that offers choice but minimizes risk. We sincerely apologize for any hardship this might cause.

We thank you in advance for your understanding and patience as we work hard to keep all children safe at St. Leo's. We are so grateful for your compassion and caution. If you have any questions, please do not hesitate to contact the school nurse ([nurse@stleoschool.org](mailto:nurse@stleoschool.org)).

Suzanne Powell  
School Nurse

8/22/18

**St. Leo the Great School**  
**CLASSROOM SNACK LIST**

This condensed list has been created to help teachers quickly verify snacks in the classroom in an effort to minimize Peanut/Tree Nut allergen exposure and maintain Smart Snack compliance while still providing a variety of options for families.

1. Fresh Fruit
2. Fresh Vegetables
3. Yogurt
4. Raisins or craisins (plain only)
5. Applesauce
6. Cheese
7. Crackers –Nabisco Zesta plain only, Cheez-its, Goldfish, Tostitos scoops
8. Popcorn (Smart food or Herr’s) (light, original or cheese flavored)
9. Nutrigrain cereal bars \*NO granola bars\*
10. Chips (Utz) - baked
11. Pretzels (Rold Gold)
12. Pirate’s Booty
13. Barnum animal crackers
14. Teddy Grahams
15. Kellogg Whole Grain Rice Krispie Treat (green wrapper)
16. Fruit Snacks (Betty Crocker)

\*Verified labels as of 11/17/2017

\*\* Please NOTE: Snack labels can change - your participation and diligence is appreciated in reading food labels often.

\*\*\* Please NOTE: If you become aware of any labels above that list Peanut/Tree Nut ingredients or use of them in their manufacturing practices, please notify school nurse immediately to update the list. (394-1742 Ext 234 or [nurse@stleoschool.org](mailto:nurse@stleoschool.org))

Thank you all in advance.

Suzanne Powell