



South County PreK Co-Op

ALLERGY GUIDELINES

From time to time we have students with food allergies attend the preschool. In order to ensure everyone is on the same page please take a moment and read through our practices concerning food allergies.

NUT-FREE CLASSES

If a class has a child with a nut allergy (tree or peanut) that class will be strictly nut-free with all snack being nut-free. If more than one class has a child with a nut allergy or any of the nut allergies are anaphylactic the entire school will be nut-free.

COMMUNICATING ALLERGIES

- All allergies are posted on the school refrigerator: Please review each time you parent help so you are aware.
- Allergies of students in your child's specific class will be communicated to you via your class rep as well as suggestions for snacks.
- Teachers will communicate via newsletter, curriculum calendar and posted notes of any special in-class snacks they will be preparing with the students.

RESPONSIBILITY OF PARENT FOR CHILDREN WITH ALLERGIES

- Verify the poster on the fridge is correct.
- Remind your class rep and the teachers of your child's allergies at the beginning of school. When appropriate provide snack suggestions.
- Review monthly curriculum calendar and newsletter to note special snacks prepared in class by students. Work with the teachers to provide alternatives for the class or your child.
- Provide a shelf-stable emergency snack to be kept at the school to ensure your child always has a snack
- Consult with the snack parent at drop off to determine if any part or portion of the snack or drink is not suitable for your child. Inform teachers of any unacceptable parts of snack.
- Provide epipen to keep on-site if needed as a response to exposure.

RESPONSIBILITY OF SNACK/DRINK PARENT

- Provide a nut-free snack containing two food groups and/or a drink. Snacks do NOT need to be adjusted for children with allergies.
- Consider ensuring $\frac{1}{2}$ of your snack option is friendly for the allergenic student to allow them to be included and participate in snack with their peers. For example if a child has

a dairy allergy you may bring cheese sticks (they can't eat) and teddy grahams (they can eat) for your snack.

- Let the child with allergies parent know ahead of time if you are celebrating a birthday ahead of time and what you plan to bring so they can provide a reasonable alternative for their child.