

EXTRA PRECAUTIONS AGAINST ALLERGIC REACTION

At our school every year, we have several children and adults who have serious allergies to foods. This means that we all need to become aware as a community about keeping our community members safe. This year we'll be particularly vigilant about **peanuts and tree nuts**. Here's how you can help:

1. Be extra vigilant about handwashing.

Be sure you and your child wash your hands when you arrive at school to avoid contaminating surfaces with allergens from your home. (not to mention, germs from your home!) Also be sure children wash their hands after snack before returning to play, to avoid spreading any food ingredients.

2. Think about what you eat or touch before coming to school.

On days you're coming to school, don't prepare a peanut butter sandwich for a child's lunch, or have a granola bar with nuts for breakfast. Wash your child's hands and face carefully if you've served anything that might have nuts or sunflower. What's on your hands, on your child's clothing, and even on your breath, can expose allergic children at school.

3. Be a vigilant label reader. Check every label every time for every food you bring to school.

Current law requires that foods made in the USA be labeled if they contain one of the top 8 allergens, which include milk, eggs, fish, shellfish, wheat, soy, peanuts and tree nuts. Don't buy a food that says "Contains nuts".

Foods MAY be labeled, but are NOT required to be labeled if they're manufactured on the same equipment that processes one of these allergens or in the same facility where allergens are processed, although they may become "cross contaminated" if they are. Don't buy a food that says "Manufactured on equipment that also processes peanuts." or "Manufactured in a facility that also processes cashews."

But don't assume a food is safe because it doesn't say this, unless you know that the manufacturer specifically lists this warning consistently. We'll be giving you lots of information about how to choose allergen safe foods. Foods that aren't made in the USA can't be counted on to be safe.

4. Be vigilant about using "good practices" to prevent cross contamination in your own home. Wash surfaces carefully before preparing food for school. You may want to use a barrier cloth like we use at school, or keep a non-porous cutting board to use in preparing school snacks. Be sure your utensils and pans have been thoroughly cleaned before preparing school foods in them.

Thanks so much for the extra effort you put in to keep all our kiddos (and parents) safe!

Love, Your Teachers

PEANUT AND TREE NUT ALLERGY INFORMATION

THINGS TO KNOW

- It is a protein in peanuts and/or tree nuts that sets off allergies.
- Allergic response to peanut exposure usually occurs within minutes or even seconds, although sometimes it's hours, and symptoms can range from mild to severe. Each successive exposure is likely to produce a more severe reaction. Act as soon as you see ANY signs of allergic reaction to nuts, particularly peanuts, because the reactions to nut allergies can become so severe so fast.
- A child (or adult) with no prior history of reaction could develop an allergy any time.
- Some people need to eat a food to have a reaction, but others can react to skin contact, or even to breathing in particles of the food that are in the air or that others exhale. (So if you eat a PB & J for breakfast and then breathe near a particle-sensitive child, he can have a reaction to those protein molecules.)
- Products made on the same product lines as products that contain nuts can accidentally be "cross-contaminated" by particles of nuts left on the equipment.
- Products made in the same facility as products that contain nuts can accidentally be "cross-contaminated" by particles of nuts transferred on workers' clothing, utensils, or other objects moved within the facility.
- To avoid danger from cross contamination, read labels carefully. Only a clear statement that the product is safe, including facility information, is an assurance that a product is safe. The absence of a warning is not sufficient.
- Careful, thorough washing with soap and water is the only way to remove peanut residue from surfaces, tools or appliances. Hand sanitizer will only move the peanut residue around. Wipes will help remove some residue, but soap and water is best.

BIG BRAND NAMES ARE OFTEN BETTER THAN "HEALTHIER" CHOICES.

Because smaller manufacturers (unfortunately usually including all the natural foods and organic product lines) have smaller manufacturing facilities, they are more likely to use the same lines and same facilities to process most or all of their products. Baked goods from small family run bakeries are usually not safe. Trader Joes or Whole Foods products are much less likely to be nut-safe than mainstream brand foods from Safeway. For instance, Cheerios are nut-safe but Joe's O's are not. So we need to be especially carefully about checking up on products that may be better nutritional choices but come from smaller manufacturers.

And, **you still need to read labels every time** because foods that used to be safe may no longer be if the company reorganizes their manufacturing lines. And just because one product from a particular manufacturer is safe does not mean all products are. Different products may be processed on different lines, some which also process nut-containing products and others which don't. (Large Ritz crackers are nut-safe, but small Ritz crackers and cheese are not. Although since they contain both partially

hydrogenated oil and high fructose corn syrup, no Ritz crackers are welcome at school!) Checking specific labels is the only way to be sure products don't contain nuts and are safe from cross-contamination risks.

ABOUT OILS

You may hear that oils are safe for people with allergies. This isn't necessarily true. It's the protein in the seed that causes the allergic reaction. When oils are highly refined, they don't contain any traces of the nut or seed. So people with a peanut allergy might be able to eat foods fried in peanut oil without having a problem. However, if the oil is less refined (cold-pressed expeller oils, or just slightly less refined oils of any kind), traces of the protein may be present. So nut oils should not be considered safe for people allergic to those nuts or seeds.

THINGS YOU DON'T USUALLY THINK OF:

- Careful, thorough washing with soap and water is the only way to remove peanut and other allergen residue from surfaces, kitchen tools and appliances. Not only counters and tables, but also knives, spoons, mixing bowls, and beaters must be safe. If you've used a blender for nuts, you'll need to triple wash it with soap and hot water and a brush that reaches into all corners to be sure it's safe.
- Spices are often manufactured by companies that process nuts and seeds. McCormick cinnamon is safe, but most other brands are not.
- Flavored lotion or soap may have nut or seed traces in it if the companies often offer almond varieties with real almond ingredients. Sunscreens may contain nut creams or oils.
- Food cooked in a cast iron pot that is well "seasoned" may contain nut traces if nuts or nut oils have ever been used in it.

FOODS THAT ARE MADE UNSAFE BY EXPOSURE:

Buy foods that were manufactured and securely packaged in a safe environment and then stayed isolated from contamination.

Avoid buying:

- Store-processed food from the Deli section, where equipment and utensils may be used for a number of different products and where employees are less aware of the issues of cross contamination than they are in processing plants. (Large cheese wheels are often cut and re-wrapped in the store.)
- Produce in a produce section near open bins of nuts
- Bulk foods, where scoops and dust from nut products can easily mix
- Foods from fruit stands or farmer's markets where products can easily mix.

HOW DO I CHECK TO SEE IF A PRODUCT IS SAFE?

Check the product's website.

Many websites will have headings for allergy information. In others, allergen information is included in the FAQ section. Most will have a "contact" link to let you email a question directly, or to provide an email address or telephone number.

What do I say when I call? When you call or email a manufacturer, say:

"I'm calling about Crunchy Crackers. I'm checking on allergens in your product. Does this product contain peanuts, tree nuts, or peanut or treenut oil? Is it manufactured in a facility where peanuts or tree nuts or oil are also processed?" If you get anything but a no that feels accurate to both questions, don't use the product.

Some companies will respond with a prepared statement something like: "We use good manufacturing processes and are very allergen aware." That's lovely, but it doesn't answer the question. Repeat the question clearly, and if you don't get a clear "no" to both the "contains", and the "manufactured in the facility" questions, assume the product isn't safe.

Help! Now I'm scared to bring anything to school!

You're not the only person who's ever felt that way. Just relax. Wash your hands with soap and water before handling food. If you're worried about your counter top even though you've triple washed it with soap and water, lay something down on it as we do at school. Wash pots and utensils before using them. Wash food items before using them. Or do all your prep at school where you know the utensils are safe.

If you're panicked about products, bring a snack with simple basic ingredients so you don't have to worry about the processing. Scrambled eggs with fresh veggies are a great project for kids, and the eggs come prepackaged by nature, and you can wash the veggies. Safe pancake mix with some safe fruit makes safe pancakes. Bring things that are on our safe list.

Some people find it easier to plan well ahead, and then order our allergen-safe products from Amazon or another online source to avoid chasing around to stores looking for safe products.

Then, relax. You've taken all the precautions you can, and all that allergic children's parents take. And give allergy families an extra hug. They worry this way all day every day. 😊

KITCHEN REMINDERS:

The kitchen is shared by all groups who use the Church. We use it only during school hours, with others coming in in the evenings and on weekends. This makes it crucial that we work carefully to keep our things separate from other groups', since there may be allergens in use. Here are some reminders:

- ◆ **At the end of your class, you'll need to put EVERYTHING away.**
Anything not in our dishwasher must return to its home in our cupboards. We can't leave dishes drying out in drying racks, or foods out on the counter. Our dishwashing soap, sponges and drying rack must be safely back in their places on top of the Sunnymont-Westside fridge.

- ◆ **Keep all dishes, foods, and utensils on the barrier cloth.**
Since many people use the kitchen, it may be contaminated with nut residues. This is why we have the barrier cloth to work on. So be sure that everything you get out of the cupboards or fridge (cutting board, trays, filtered water containers, etc.) goes directly to the barrier cloth and never onto the other counter surfaces.

- ◆ **Use only Sunnymont-Westside dishpans, drying rack, sponges.**
Hand wash (or pre wash) dishes not directly in the sink but in one of our dishpans from the top of the fridge. Use only our yellow sponges to clean them (Church sponges are blue) with only our dish soap, and dry them only in our dish drying rack. Then be sure to put the dishpan, sponges, and drying rack back onto the top of the fridge when you finish.

- ◆ **Refill the filtered water containers after your class.**
You can bring the containers into classrooms, or leave them in the fridge and fill pitchers from them, but in either case, when you're done, refill them with water so the next class will have nice, cool water to drink as well.

THANKS! Your extra effort makes a big difference!

2019-20 Sunnymont-Westside Safe Foods Shopping List

9/2019



Alvarado Street Bakery

Safe for all classes. They are organic, peanut-, tree nut-, egg- and dairy-free. Check ingredients for soy to see if it's OK for Keegan.



Ancient Harvest: Safe for all classes. *Thank you for contacting Ancient Harvest. All of our products are free from peanuts & tree nuts, without possibility of contamination.*



Angelic Bakehouse

All products are safe for all classes. They contain none of the top 8 allergens but wheat. Usually available at Sprouts



Azumaya Tofu

Safe for all classes, but contains soy so not for Keegan.



Barilla Pasta

The basic blue box semolina flour pastas are safe for all classes. They do contain wheat/gluten, so they're not for gluten-free kids. Barilla Gluten-free pastas are safe for all classes and gluten-free.



C & H Sugar

Safe for all classes. They process only cane sugar. (But avoid using it when possible.)



Cherrybrook Farms Gluten Free Dreams Pancake/Waffle mix

Gluten-free dreams mix is safe for all classes. It does contain a bit more sugar than the Namaste mix.



Daiya non dairy cheese:

Cheese blocks, slices & shreds are all safe for all classes.



Domino Sugar

Safe for all classes. They manufacture only sugar. (But avoid using it when possible.)



Eden Organic

Apple butter is safe for all classes. It is vegan, gluten-free produced in a facility free of nuts.



Ener-G foods

Ener-G Dry mixes are safe for all classes, and are gluten-free.
Ener-G Breads are safe. Ener-G crackers are safe.
Ener-G Pizza shells & focaccia are safe.



Enjoy Life Crunchy Flax, Crunchy Flax with chia, Crunchy Rice:

Safe for all classes.



Enjoy Life! Pancake & Waffle mix, Pizza Crust mix, Muffin mix:

Safe for all classes.



Gold Medal Flour

All purpose white flour is safe for all classes. Made on a dedicated line.



Kikkoman Soy Sauce

Kikkoman plain, low-sodium, and organic soy sauces are all safe for all classes.
It is not gluten free, however, and contains soy for not for Keegan.



King Arthur

King Arthur's Gluten free flours and mixes are produced in a separate facility that is top 8 and sunflower free. They are safe for all classes, and gluten free.



La Tortilla Factory

La Tortilla Factory tortillas are free from all of the top 8 except wheat and soy.
Check labels for soy for Keegan.



Libby's Pumpkin

Libby's canned Pumpkin is made in a plant that only processes pumpkin.



Lundberg Rice cakes

Rice, Rice cakes (including "honey nut"), Thin Stackers, Rice syrup, and Rice flour completely safe.



Maseca Corn Flour (masa)

MASECA Corn Flour is made out of 100% corn and only corn is processed in all plants. Safe for all classes.



McCormick spices

McCormick products are always peanut and tree nut free (even almond extract). They follow good cleaning practices, so they are the safest we are going to find, and are considered safe for all classes as long as the label indicates no allergens.



Namaste Foods

Bread & Roll Mix, Pizza Crust Mix, Sugar-free Muffin Mix, Waffle & Pancake Mix are all safe for all classes.



Pacific Natural Foods

Broths are OK.



Pepperidge Farm Breads

Harvest Classics Soft 100% Whole wheat, Honey Wheat, Light style Wheat, 7 grain, 12 grain, 15 grain, or oatmeal bread, and Farmhouse breads are safe for all classes.



Precious/Galbani Cheese

Precious/Galbani brand mozzarella cheese is safe for all classes (obviously, not for dairy free kids)



Sabra Hummus

Sabra classic and organic classic hummus are safe for all classes.



San-J Tamari Soy Sauce

San-J follows careful processes to avoid cross contamination. Contains soy so not for Keegan.



Stella Cheese

Stella cheese is safe for all classes, but obviously not for anyone who doesn't eat dairy.



Sunbutter sunflower spread

All varieties are safe for all classes.



Sunmaid

Sunmaid Raisins are safe for all classes, as long as you check the label. The only possible hazard is nut cross contamination in some products, and these will always be labeled with the cross contamination hazard.



Tillamook Cheese

Tillamook cheese is allergen safe and vegetarian, with the exception of the white cheddar, which is allergen safe but not vegetarian. Plain low fat yogurt is allergen safe but not vegetarian. Plain farm-style Greek yogurt is vegetarian.



Tillamook Yogurt/Sour cream/Butter

Tillamook yogurt is safe for all classes.

Tillamook butter is safe for all classes, as is sour cream.

Tillamook ice cream is NOT safe.



Tolerant Pasta

Tolerant Pasta is safe for all classes. It contains only lentils or beans.



Tortillaland tortillas

Plain flour and corn tortillas are safe for all classes. Corn Tortillas are gluten free. Flour and corn tortillas are uncooked, in refrig section at Lucky, and possibly Costco.



Tribe Hummus

Tribe classic hummus and organic classic hummus are safe for all classes.



Triscuit

Original Triscuit crackers, Organic Original Triscuit crackers and Original Triscuit Thin Crisps are safe for all and relatively healthy.



Wowbutter

Wowbutter is safe for all classes. It is vegan, gluten free, and free of nuts, but contains soy, so not for Keegan.



Yamamotoyama

Nori is nut safe