



# **Important Notice**

## **Please Read**

**Effective June 1, 2015** Bright Horizons @ UTC will be a **“PEANUT / NUT SAFE”** center.

Please review the attached copy of “What Does It Mean To Be “Peanut and Nut Safe?” information sheet for more details.

**Why do we have to have a “Nut Safe” environment for the entire center?** With the increased number of children entering our center with peanut and nut allergies, we feel it is in the best interest of all children to provide a safe and healthy environment free of serious and life-threatening allergens. “Peanut and Nut Safe” precautions are put into place when families provide evidence that these products are life-threatening to their child based on medical evaluations.

### **What does this mean?**

All food items brought in to the center from home or store bought must NOT contain any nuts or nut products, or produced/processed in a facility or on equipment shared with nuts/nut products.

### **Please read your food labels carefully!**

Even if a product itself does not contain nuts but has trace elements of oils, product labels now contain a statement on the ingredient/product information section that states:

- “this may contain nuts or may contain traces of nuts”
- “produced on shared equipment with nuts or peanuts”
- “produced in a facility that also processes nuts”

### **What will happen if a food item containing peanuts/nuts is brought into the classroom in a child’s lunch or snacks?**

Teachers will remove the item from the classroom environment. The food item will be brought up to the front office and can be picked up when you are leaving for the day. If you have a question about a certain item, please ask an admin staff.

**Thank you in advance for your understanding and cooperation in helping to make your center a safe environment for all children to participate.**

## ***What Does It Mean To Be “Peanut and Nut Safe”?*** **FAQ’s (Frequently Asked Questions) for Families**

### **What is a “Peanut and Nut Safe” Center?**

A “Peanut and Nut Safe” center has an environment where peanuts, nuts (all tree nuts), products that may contain nuts, or items that have been manufactured in a facility that process nuts are prohibited. These items may not be brought in children’s supplemental food prepared from home or be carried by adults entering the classroom areas with personal food items, including family and staff members. In addition, gifts or special treats for teaching staff may not contain peanuts, nuts or nut products, unless they are left in the front office area for them to pick up on their way home. Birthday party treats and treat bags going home with children should also not contain these products.

### **What items should I be aware of when preparing/purchasing any food to be brought into the center?**

Besides the different tree nuts and peanuts in raw form, the following items are common potential sources of nuts/peanuts:

**Artificial nuts-** such as peanuts that have been decaffeinated and recaffeinated with a nut flavoring (like pecan or walnut)

**Baked goods-** baking mixes, breads, cakes and pastries with unknown ingredients, particularly carrot cake, pumpkin cake or pie, and fruit and nut rolls

**Breakfast foods-** muesli, breakfast cereals, breakfast, granola bars or health bars

**Main Dishes-** Asian foods (like satay, pad thai, egg rolls), vegetarian dishes, chili

**Salad dressings and sauces-** gravy, nut and peanut oils, pesto, prepared sauces, salad dressings, and condiments (like barbecue sauce and Worcestershire sauce)

**Soups-** bouillon, soups that use nuts as a thickening agent

**Sweets-** chocolate candies, desserts, ice cream, mandelons, marzipan, nougat, pralines

**Helpful Hints:** Please read the ingredient label each time a new product is purchased that will be sent to the center. Even if a product itself does not contain nuts but has trace elements of oils, it now contains a statement on the product information section that states:

“this may contain nuts or may contain traces of nuts”

“produced on shared equipment with nuts or peanuts”

“produced in a facility that also processes nuts”

### **What will happen if a food item containing peanuts/nuts is brought into the classroom in a child’s lunch or food supplements?**

Teachers will remove the item from the classroom environment. The food item will be brought up to the front office and can be picked up when you are leaving for the day. We can let you know as soon as possible if we have removed a food item from your child’s lunch so that you may have a chance to replace it with another item if necessary. If you have a question about a certain item, please ask an admin staff.

**What other preventative measures can I help the classroom teachers with?**

Besides being conscientious of the foods you pack for your child to bring into the classroom each day, please be sensitive to what foods you've eaten as an adult or fed your child immediately prior to entering the classroom. If you have eaten peanut products, nuts or nut products, please ensure you wash your hands prior to entering the classroom, as well as make sure your child's clothing does not have nuts or nut oils on the fabrics.

**Why do we have to have a "Peanut and Nut Safe" environment for the entire center?**

With the increased number of children entering our center with peanut and nut allergies, we feel it is in the best interest of all children to provide a safe and healthy environment free of serious and life-threatening allergens. "Peanut and Nut Safe" precautions are put into place when families provide evidence that these products are life-threatening to their child based on medical evaluations. The entire center has become "peanut and nut safe" because of staff and children sharing common areas where transference to the child may still occur (i.e. lobby area, restrooms and classrooms) especially with the oils in the products that can remain on common surfaces from hands and clothing.

**Thank you in advance for your understanding and cooperation in helping to make your center a safe environment for all children to participate.**