

NOTICE OF FOOD ALLERGIES & DIET RESTRICTIONS

CHILD'S NAME: _____

Please sign, date, and return this form even if your child has no food allergies or diet restrictions.

Fairview Montessori takes food allergies seriously, and we will work with you to make sure your child's diet restrictions are followed. At present, we **do NOT allow, serve, or provide peanuts or tree nuts or foods that may contain peanuts or tree nuts**. No other restrictions are in place. Keep this in mind when packing your child's lunch or donating snacks to the school. Be especially careful not to send trail mix, granola or energy bars that have peanuts or tree nuts. Soy or sunflower seed butter is fine, just put a note in your child's lunch the first few times you include it.

If your child has other food allergies or a particularly strict diet, you must provide a personal safe snack for your child each day. Please remember to write your child's first and last name on all snacks. Note: if you choose to provide a safe snack for your child, then your child may eat only snacks provided by you and not by the school. If your child's diet restrictions change at any time, notify us in writing.

Check here _____ if you will provide your child with a personal, safe snack.

Please list the foods to which your child is allergic and/or cannot eat. For serious or life-threatening food allergies that require emergency medication at school, please also return a health care plan and medication permission slip. Forms must be signed by you and your child's doctor and updated every 12 months.

Parents are expected to follow our "peanut and tree nut free" policy and must not include peanuts or tree nuts, or foods that may contain peanuts or tree nuts, in their children's lunches or otherwise send their children to school with these foods. If peanuts/tree nuts are found in a child's lunch, they will be removed, placed in a bag with an explanatory note, and sent home. If a parent attempts to drop off a child who is eating peanuts/tree nuts for "breakfast on-the-go," we may ask that parent to take the child back home to wash up and change clothes before allowing the child to attend. Parents who consistently ignore our policy may be asked to withdraw.

Snacks we may provide: cheese, fresh fruits and vegetables, Ritz crackers, tortilla chips, pretzels, graham crackers, bagels, whole wheat bread. Whenever practical, we choose organic produce and foods with minimal ingredients. We avoid high fructose corn syrup and artificial flavors and colors. Because the cost of providing healthy snacks is high, we greatly appreciate donations of packaged and commercially prepared, shelf-stable snacks that meet the above standards and do not contain peanuts or tree nuts. Exception: store-bought or homegrown whole vegetables and fruits are always welcome!

While we strive to be 100% peanut and tree nut free, we have no restrictions on foods "processed in a facility" that also processes peanuts or tree nuts, nor can we control what parents pack for their children's lunches. Therefore, if your child has a diagnosed life-threatening peanut/tree nut allergy, we suggest you keep rescue medication at the school.

By signing, you acknowledge that you have read and understand our policy and agree to follow it.

Signature: _____ Date: _____