

Dear Parent(s)/Guardian(s),

As we begin a new school year, we would like to inform you that St. Evan Elementary, is an allergen aware school. There are pupils in attendance who suffer from severe and life-threatening allergies to certain foods, such as dairy, peanut and nut products. Exposure to the smallest quantities can cause severe life-threatening reactions.

Anaphylaxis is a severe and life-threatening allergic reaction. The most common allergen triggers are food, insect stings, medications, exercise and latex. An anaphylactic reaction involves symptoms from two or more body systems. The safety and well-being of all of our students is a priority.

In order to ensure the safety and well-being of all pupils, we request that you NOT send any lunches or snacks that contain peanuts and/or tree nuts, including peanut butter substitute products. Please make sure that all of your children's caregivers are aware of the food restrictions. Please avoid sending food for birthday or special occasions. There are many alternatives such as stickers and pencils. Should there be additional allergy concerns in specific classrooms, information will be shared by the classroom teacher.

If you have any questions, please talk to your child's teacher or the school staff.

We appreciate your cooperation in supporting a safe learning environment for all pupils.

FOODS THAT MAY CAUSE AN ANAPHYLACTIC REACTION

The eleven most common food allergens are: peanuts, tree nuts, milk, eggs, wheat, seeds, fish, shellfish, soybean, mustard and sulphite. The following lists are some alternative names that may be found on labels.

PEANUT	TREE NUTS	WHEAT	EGG	SEEDS
arachis oil	almonds	bulgar	albumin	caraway
cold-pressed	brazil nuts	couscous	conalbumin	flaxseed
peanut oil	cashews	durum wheat	globulin	mustard
goober nuts	chestnuts	farina	lecithin (from	poppy seed
ground nuts	hazelnuts	gluten	egg)	psyllium
mandelonas	hickory nuts	graham flour	lysozyme	sesame/tahini
nu-nuts	macadamia nuts	kamut	ovalbumin	
nut meats	pecans	semolina	ovomucin	
	pine nuts	spelt	ovovitellin	
	pinion	wheat bran	vitellin	
	pistachios	wheat germ		
	shea nuts			
	walnut			

MILK

casein
caseinates
curds
lactalbumin
lacto globin
milk ingredients
milk solids
modified milk
ingredients
whey

SHELLFISH

abalone cockle
clams
conch mussels
crayfish
lobster
octopus
oysters
prawns
scallops
shrimps
snails
squid

SULPHITE

(is a preservative
added to many
foods which
causes a
chemical
reaction)
bisulphite
dithionite
metabisulphite
potassium
sodium
sodium sulphite
sulphur dioxide
sulphurous acid

SOYBEAN

hydrolyzed soy
protein
soy protein
soya
tofu

FISH

anchovy
bass
bluefish
catfish
cod
eel
flounder
haddock
halibut
herring
mackerel
marlin
perch
pickrel
pike
salmon
sardine
smelt
snapper
sole
swordfish
trout
tuna
whitefish

*NOTE – These lists may change and are in no way complete