

## Frequently Asked Questions About Food Guidelines

Q. Can my child still bring a snack to school?

A. Yes, absolutely!

Q. Does my child's snack have to be fresh fruits or vegetables?

A. No, fruits and vegetables do NOT need to be fresh. We ask that they truly be fruits or vegetables, such as applesauce, fruit cups, etc., and NOT items like fruit snacks. When bringing items that are not fresh fruit or vegetables, they must be processed in a peanut-free environment.

Q. Can I send a bakery/homemade treat to school with my child for a party/celebration?

A. No. We understand that students want to celebrate their birthdays and other events with their friends. However, in order to include and respect students with food allergies, we request non-edible treats in order to ensure safety in the classroom. At times throughout the school year, teachers or school-sponsored groups may provide treats for children. In these situations, our nursing staff will send out permission slips to participating students with known dietary needs. Administrative approval and consultation with the school nurse is required in order to provide edible treats on these occasions.

Q. Can I send a treat to school with my child to share in the lunchroom?

A. No, we ask that students not trade or share food in the lunchroom.

Q. Why is it important to follow the new snack guidelines?

A. Our school is required to comply with Public Act 96-0349 and follow Board Policy 7:285. We developed procedures (including snack guidelines) that promote prevention and management of life threatening allergic reactions. While these new procedures may initially seem restrictive, we have the responsibility to keep all children safe while they are in school.