

# BENJAMIN FRANKLIN INTERNATIONAL SCHOOL

## **Nut, Food and Beverage Policy**

BFIS recognizes that our school community will have a number of perspectives and interests regarding food and nutrition as it relates to our students' health and wellness. Instruction on eating healthily and the importance of a well-balanced diet is included as part of the curriculum taught at BFIS. In addition, the impact of fast food, and the effects of the mass production of meat using intensive animal farming on the environment is incorporated into the curriculum. We aim to create a healthy and balanced experience on campus, given the various activities and needs of our students.

### **Nut-Aware Campus**

BFIS is a nut-aware environment, not a nut-free campus, as a nut-free campus can not be guaranteed.

**Nuts and sesame account for the most severe anaphylactic reactions;** highly allergic individuals can experience anaphylaxis if they touch, inhale or ingest even the slightest trace or residue of the allergen. Trace amounts of nut products may be passed from hands to a ball, chess piece or other object, and thus come into contact with allergic individuals.

We have a number of students with severe nut allergies and adhering to policy to protect these students must be balanced with the need to provide cafeteria food that is accessible and affordable food to all students and staff.

Teachers and staff are trained on how to recognize and respond to an allergic reaction or intolerance, including administering medication if necessary.

### **Cafeteria-Provided Snacks, Lunch, and Treats**

The cafeteria aims to provide nutritious snacks and lunches for children and to maximize the organic and local sourcing of ingredients. <https://www.bfischool.org/school-life/school-lunch/>

Food distributed by the school cafeteria for lunches, snacks, celebrations, etc. will not contain nuts, but may contain nut traces. However, the school nurse will liaise with the cafeteria staff to provide nut/trace-free options for those students with a documented allergy.

### **Snacks and Lunches from Home**

We ask that all students at BFIS refrain from bringing snacks, lunches, or treats that contain peanuts, tree nuts (almond, brazil, cashew, chestnut, hazelnut, macadamia, pecan, pine, pistachio, and walnut), or sesame seeds. Students of all ages are learning how to manage food allergies and may not recognize the repercussions of sharing food, exposure to allergens. In addition, we also ask that students who eat foods with nuts or sesame for breakfast wash their hands and faces before entering school.

We cannot guarantee that all children or families in our community will comply with our guidance thus, there is a risk of reactions based on food residue.

### **School Celebrations, Student Bake Sales, etc.**

Due consideration to healthy eating and environmental sustainability must be made when offering any type of food for students. This includes organizing class parties, school celebrations, bake sales, etc.

Candy and chocolate must not be used as rewards at school. They should not be sold on the premises, with the exception of special events such as the International Festival, etc.

Students, parents, teachers, and the PTA in both Elementary and Secondary are asked not to provide food for general distribution at school which contains nuts of any kind.

However, the school cannot ensure that treats provided and distributed by students are free of nut-traces, and students with allergies and families should be aware of this possibility.

Teachers of students with identified nut allergies should communicate with parents to identify and plan for allergen-free snacks in the event of planned celebrations.

### **School Beverages**

Drinking water fountains and dispensers are placed around the school for access by the students.

Drinks containing sugar must not be sold at BFIS. Exceptions can be made for school social events such as discos, etc.

Alcoholic beverages will only be obtainable at school during special social events and only when no students are present on campus.