



## Allergen Policy

Aleph Preschool is committed to encouraging good nutrition and safety for all of our students. Food allergies and intolerances can affect many of our students. Unfortunately, it is not possible for us to eliminate all allergens in the school. Parents and guardians must be mindful that the meals and snacks we provide do contain some of the more common allergens such as wheat, eggs, milk, soy and fish.

To reduce and address potential allergic reactions, we require all parents and guardians of children with known allergies to complete an Allergy Action Plan. These Plans must be kept up-to-date. To avoid violations of these Plans, all food brought into the school should be labeled with the child's name, and no child will be allowed to share food, containers or eating utensils.

Due to potentially serious reactions to peanuts and tree nuts (almonds, walnuts, cashews, Brazil nuts, hazel nuts, pistachios, and pecans, etc), any foods including peanuts and tree nuts cannot be brought into the school. Before packing any foods in a child's lunch, we ask that you carefully check the food labels, as well as take precautions to avoid cross contamination with peanuts and tree nuts. If a snack is brought in for a special event, it must be store bought, in its original container and the label should be reviewed by the parent or guardian for peanuts and tree nuts.