



Important News about Food Allergies

There is a law in Ontario that requires schools to protect students with life-threatening food allergies (anaphylaxis). While the majority of the responsibility lies with anaphylactic students and their parents, the entire school community has an important role to play in protecting these children. Chances are, sooner or later, your child will have a classmate who has a serious food related allergy. **Here's how you can help keep the classroom safe:**

- Please check with your child's teacher prior to bringing food into the classroom for special events to make sure that it is allergen-safe. **Do not send homemade goodies to school for special events**; it is safer to send store-bought food that has all the ingredients clearly labelled.
- **Read food labels carefully.** Do not send foods that contain peanuts and/or nuts. A list of allergen-safe bakeries, peanut free snack suggestions and lunch ideas have been provided for your reference. Please remember that bulk foods are at risk for cross-contamination and should be avoided.
- **Teach your child not to share food with a classmate who has a food allergy.**
- **Make sure your child washes his/her hands and face thoroughly after breakfast and lunch before heading off to school.**

Thank you for your understanding and cooperation to ensure the safest possible school environment. If you would like more information regarding Blythwood's anaphylaxis policy please contact Anne Guilfoyle or Kate Harrington:

Anne: anneguiffoyle7@gmail.com
Kate: kjnharrington@gmail.com

Note: Any parent who has a child with food allergies is required by law to inform the school. If you haven't already done so, please contact the office immediately.