

No Nuts Policy and Food Allergies

In order to comply with the U.S. Americans with Disabilities Act and to keep those students with a deadly form of nut allergy safe at school, San Tan Charter School is a nut free school. **No peanut or tree nut sandwiches, granola bars containing nuts, trail mixes containing nuts or nut powders, other snacks containing nuts or any other form of peanuts or tree nuts are permitted on school grounds.**

Due to the growing number of students who have been diagnosed with food allergies such as peanut allergies, which can be fatal to some, we ask that you be mindful of the existence of food allergies among children and discourage sharing of snacks or lunches. **Sharing food at school is strictly prohibited.**

Please do not embarrass your child by sending any food items that will be taken away during lunch time.

The following nuts are not allowed on campus: Peanuts, Almonds, Cashews, Beechnuts, Brazil Nuts, Chestnuts, Hazelnuts (NO Nutella), Macadamia Nuts, Pecans, Pistachios, Shea Nuts, Walnuts

If you do not see a nut on this list, please contact the school if you have questions.

Food products that are manufactured in a facility that does or may contain nuts ARE acceptable. For example, if it says:

- In the list of ingredients, "contains nuts, tree nut, peanuts," this is not an acceptable lunch item for school.
- In the list of ingredients, "may contain peanut and tree nuts," but you do not see this in the list of ingredients this may be an acceptable lunch item.
- "Made on shared equipment that also processes peanuts or tree nuts" this is an acceptable lunch item.
- Or "made/processed in a facility that also processes peanuts or tree nuts" this is an acceptable lunch item.

Some alternatives to peanut butter are (many of these are available at stores like Target, Sprout's, Fry's, Fresh & Easy):

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| <ul style="list-style-type: none">• Soy nut butter• Sunbutter• Cream cheese• Cheese• Pumpkin seed spread• Hummus | <ul style="list-style-type: none">• Lunch Meats• Egg• Avocado spreads• Tahini• Peabutter spreads |
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Snacks: Students who chose to eat a snack outside of their scheduled lunch period are free to bring a fresh fruit or vegetable, or other item from the list provided from home under the following conditions.

- Snack time is a classroom option, and students who do not comply with this policy will be asked to discontinue bringing snacks.
- Fruits and vegetables are highly encouraged as a healthy snack. Any plastic silverware necessary to consume the snack should be provided from home.
- Snacks must be kept in the student's backpack until snack time.
- Students are never allowed to share snacks in the classroom to be cognizant of food allergies.
- Students may keep a bottle of water containing water at their seat, provided there is a lid or cap. **Water bottles must be taken home to be washed each day.**

Fresh fruit and vegetables are highly encouraged as a classroom snack. Other acceptable items include: *beef/turkey jerky, yogurt covered raisins, cheese, sunflower kernels & raisins, figs, and edamame.

Foods of minimal nutrition value are discouraged at San Tan and may be subject to confiscation by school personnel during the school day. Minimal nutritional value foods will not be sold, served, or given out as free promotion anywhere on school property at any time during the school day:

Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations that are subject to confiscation are:

- All food and beverage items listing sugar, in any form, as the first ingredient (including soda and carbonated beverages)
- All forms of candy.