



ALLERGY GUIDELINES

Food allergies can be very serious medical conditions and in some cases life-threatening. For the safety of participants and staff who have allergies, the following foods are **not permitted** at the program:

No nuts of any type

This includes **peanut butter** and any product that could have **traces of nuts** or could have potentially come in contact with nuts and/or nut products during production.

No fish or shellfish of any type.

No yogurts puddings, fruit drinks or any other food that may contain banana, nuts, tree nuts or shellfish.

Some known food allergies include:

All nuts | All fish/shellfish | Banana | Kiwi | Egg | Green Peas | Dairy Products

Egg, Green Peas, Kiwi, and Dairy products are **not airborne allergies**; therefore, we are allowing these foods to be packed for personal snacks.

If your child has eaten foods that may contain any of these ingredients, please ensure they wash their hands and brush their teeth before attending the program.

We encourage all families to discuss the importance of not sharing snacks and the potential dangers of doing so.