

Please be mindful when preparing school packed lunches, we do have children that have food allergies at our school.

The following symptoms may occur

- Skin rashes or hives
- Difficulty breathing
- Swelling of the lips
- Sneezing, coughing, a runny nose, or itchy eyes
- Loss of consciousness



*Here are a few suggestions for us as parents*

- Never take food allergies lightly, they can be life threatening
- Ask your child's friends what they are allergic to and help them avoid it.
- Tell your child DO NOT SHARE FOOD
- Please do not send any product with peanuts/nuts for snacks
- Tell your child to get help from an adult immediately, if a school friend has a reaction

*Thank you in advance for your kindness and consideration*

