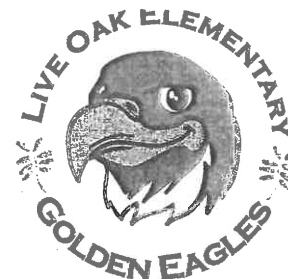


# LIVE OAK ELEMENTARY SCHOOL

5151 Sherwood Way, San Ramon, CA 94582

Phone: 925 308-3100



Nadine Rosenzweig, Principal

Melanie Jensen, Office Manager

Re: Nut Allergies

Dear Families,

A student(s) in your child's class has a life-threatening allergy to peanuts and peanut products. He/she will suffer a severe allergic reaction and might go into anaphylactic shock if he/she eats or touches peanuts or peanut products.

**Exposure to nuts can cause a risk of death for these children.** We are notifying parents of all students because the students eat snack and lunch at the same time and place.

On behalf of the family and school staff I ask that you try to avoid all nut products when preparing snacks or lunches for school and that your child's face and hands are washed thoroughly after breakfast if they have peanut butter or other nut products for breakfast. The families appreciate your efforts to help prevent a serious allergic situation.

A partial list of foods and products that contain or may contain peanuts and peanut products is listed below. Many other foods also contain peanut products. Please be aware that some food items, which do not specifically list peanut products on the label, may be at risk due to cross-contamination (contact with nut products since the same cooking equipment or utensils were used). These food labels will often state that the item was prepared in a facility that uses peanuts, with regular M & M's as an example.

Peanuts  
Peanut oil  
All breads with nuts  
All ice cream with nuts  
Marzipan  
All cookies with peanut butter or nuts  
All candies with peanut butter or nuts  
Little Debbie Oatmeal Crème Pies  
Quaker Oats Banana Crunch Rice Cakes  
Quaker Chewy Granola Bar Variety Pack  
Ritz Bits with peanut butter  
Nestle Crunch Ice Cream Bars  
Kirkland Gourmet Jelly Beans  
Products that contain "mandelona" or "new nuts"

Peanut Butter  
All cereals with nuts  
All pastries with nuts  
NesQuick Cereal  
Nougat  
Snickers Bars  
Granola Bars  
Butterfinger Bars  
M & M's  
Mixed nuts  
Beer nuts  
Nestle Raisinettes  
Jelly Bellies

On the back is a list of products that we believe to be free of peanut protein, which may be served as snack alternatives rather than the above.

Thank you for your efforts to keep our students safe.  
School Nurse / Health Educator

## Snack Alternatives

Fruit leathers/rollups  
Fruit and cheese slices  
Pretzels  
Crackers and cream cheese  
Raisins