



PEANUT SAFE POLICY

To promote a safe environment for all students, as of September 1, 2008 the South Mountain YMCA will be implementing a "Peanut Safe" policy. This is a strategy to educate parents and staff about reducing the risk of exposure to life threatening foods. It is important to note that the safety of the children with severe reactions requires the cooperation of the entire community. Please read carefully so you fully understand the guidelines that will be in place.

1. All snacks provided by the YMCA will be free of peanuts/nuts.
2. Parents must refrain from sending **ANY** products to school that contain peanuts. This includes snacks as well as lunch items. There is a list of peanut free lunch and snack ideas below.
3. If a lunchbox is found to have peanuts or peanut products, those items will be removed and parents notified.
4. All items that are brought in for celebrations must be store brought with the ingredient label intact, or cleared with the classroom staff first.

Your support and understanding of this policy is greatly appreciated.

PEANUT –FREE LUNCH & SNACK IDEAS

Cream cheese and Jelly

Cheese and Crackers

Soy Butter and Jelly

Hard Boiled Eggs

Yogurt

Cottage Cheese

Fruit Salad

Raw Vegetables

Hummus

Chicken, Turkey or Roast Beef Wraps

Tuna Fish

Egg Salad

Fresh Fruit

Tofu

Whole Grain Crackers

Cheese

Applesauce

Fruit Smoothies

Yogurt Dip