

SCHOOL DISTRICT OF THE CITY OF HAZEL PARK  
**HAZEL PARK COMMUNITY SCHOOLS**  
HAZEL PARK, MICHIGAN 48030  
**Dr. Victor Mayo, Superintendent**

Webster Elementary School  
431 W. Jarvis  
Hazel Park, MI 48030

Mrs. Kathryn Borowicz, Principal  
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April 1, 2009

Dear Parents, Guardians and Staff:

There has been a great deal of attention paid to nut allergies by the media in recent months. It is becoming more and more common to have children with peanut allergies in school. Even a miniscule amount of peanuts or peanut butter can be fatal to some of these children. Some children develop allergic reactions when they ingest nut products (such as peanut butter). Others are more sensitive and react when they touch peanuts/peanut butter. Still others react to traces of nut dust in the air (from peanut shells for example). Air passages will constrict quickly if someone who has recently eaten nut products breathes near/on the child with this type of nut allergy. Additionally, nuts are full of natural oils that leave residues. While these residues can be removed with common household cleaners, it can be difficult or impossible to clean tables in the middle of lunch, for example, or for school cleaning staff to know to clean oils off of tainted walls or doorknobs during the school day.

There are several students at Webster who have been diagnosed with peanut/nut allergies and their parents have worked closely with the school to educate us in the proper way of keeping their children safe. Now we need your help. To protect the lives of these children, we are asking for a voluntary ban of nut products at Webster School. ***EVERY EFFORT WILL BE MADE TO MAKE ALL CLASSROOMS AT WEBSTER PEANUT/NUT FREE beginning MONDAY, APRIL 20, 2009.***

During lunchtime, students with peanut products in their lunch will be seated at a table in the lunchroom designated as the "peanut table". This table will be used exclusively for children who bring in peanut butter sandwiches, etc. The children will be instructed to wash their hands after lunch. Please be sure that peanut butter sandwiches are in zip lock bags so they do not contaminate other lunch items.

Snacks brought into the classroom need to be peanut/nut free. See the reverse side for a suggested snack list. When planning to send a treat in

for the room for birthdays or parties, please be sure these snacks are peanut/nut free. Peanut/nut free signs will be posted outside each classroom.

We appreciate the support of families in helping to minimize the possible fatal exposure of peanut allergy students to peanut/nut products. As always, the health of each and every Webster student continues to be of the utmost importance.

Sincerely,

Kathryn Borowicz  
Principal

#### Suggested Snack List

- Applesauce
- Bagels
- Bread
- Cheese Slices
- Cheese Cubes
- Cheese-Its
- Chips (Ruffles, Big Jay, Better Made, Lays, Pringles, Doritos, Cheetos)
- Cookies (Sugar, Chocolate Chip, Oatmeal, Oreo, Nilla Wafers, Shortbread Fig Newton)
- Cottage Cheese
- Crackers (Wheatables, Wheat Thins, Munchems, Keebler Club Crackers, Goldfish, Graham Crackers, Teddy Grahams)
- Fresh Fruit
- Fresh Vegetables
- Gogurts
- Fruit Roll-ups
- Jello cups
- Packaged Fruit Snacks

- Pretzels
- Pudding (chocolate, vanilla, swirl)
- Raisins
- Rice Krispie Treats (regular)
- Yogurt (without nut toppings)

#### Peanut Free Lunch Ideas

- Pita Wrap sandwich with meat and/or cheese, lettuce and tomato
- Pasta Salad with meat and cheese
- Macaroni and cheese
- Crackers with lunchmeat, hard boiled egg, or cheese
- Yogurt with carrot and celery sticks and a piece of fruit
- Bagel sandwich with meat or cheese
- Pizza slice with vegetables or fruit
- Soup or stew in a thermos