

The Child Development Center at MiraCosta College

Please be aware that here at the Child Development Center, we have a **NOT FREE** policy. Some of the children in our school have **life-threatening** allergies, so we strictly enforce that foods containing Peanut Butter, Peanuts, Almonds, Walnuts, Pecans, Pistachios, Macadamias, Hazelnuts, Brazil nuts, and any other types of nuts are **not** allowed in the classrooms or anywhere else in the school. This includes the grassy area outside of the front entrance.

A child who is allergic to peanuts or tree nuts will experience immediate symptoms, which may include anaphylactic shock and can **kill**. Some of the symptoms include hives, vomiting, severe diarrhea, lowered blood pressure, swelling of the airway & face, loss of consciousness, and other **life-threatening** symptoms.

Please be sure to read all food labels before packing your child's **snack**, including any food you bring to events that our school may host. Many packaged foods contain hidden peanut and tree nut ingredients. For example, Nature Valley's Oat 'n Honey granola bar does not appear to have any nuts in it, but the **ingredient** list Peanut flour, Pecan flour, and Almond flour. Another example of hidden nut products is the fast food restaurant **Chick-A**, where all of their chicken is cooked in peanut oil.

If children consume any of these ingredients before coming to school, please help them thoroughly wash their hands and face, brush their teeth, and change any clothes that may have come in contact with any nuts. Food like peanut butter are

Food Allergies

