



September 28, 2006

Dear Parents,

I want to thank all of you for your cooperation in maintaining a Nut-Free Classroom. The children's safety is my priority. I realize that when sending in a snack or bringing in food for a party it can be difficult to avoid nuts, nut products and foods that are manufactured on equipment used to make nut products.

I have a list of foods that have been considered safe in the office should you have any questions. I hope you find it helpful. This list is **only** a **guideline**. It is very important that you **read** the **ingredients** listed on the packages. **Never assume any product is safe.** Sometimes one brand or type is acceptable but another similar product is not. It is also important to remember that companies change processing and ingredient lists.

Desserts from bakeries should be avoided. Local bakeries usually have only one kitchen where all products (including nut products) are made. Therefore there is a higher risk of nut contamination. This is true for Dunkin Donuts and Munchkins, all of their baked goods are made on the same equipment.

Reading ingredient labels can be very confusing. Again, make sure that snacks have not been manufactured in the same facility where there might have been products containing nuts. Please remember to read all labels. If you are not sure if a product is safe consider it **unsafe.**

It is with your cooperation that we will make G.N.C.S. safe and healthy environment for all students.

Thank you,
Barbara Breslow