

# St. Mary School

## Classroom Food & Wellness Policy

### Food in the Classrooms/Lunchroom

Student safety is taken very seriously at St. Mary School. Each year, we see more students with life-threatening allergies, some cases in which even a microscopic amount of the offending food may cause a life-threatening anaphylactic reaction. The eight most common allergies are peanuts, tree nuts, fish, shellfish, milk, egg, wheat, and soy. An anaphylactic reaction is a sudden, widespread, potentially severe and life-threatening allergic reaction. People then rapidly develop severe symptoms, including generalized itching and hives, swelling, wheezing and difficulty breathing, fainting, and/or other allergy symptoms. **Therefore, St. Mary School does NOT allow any products that contain or have been processed in a facility with peanuts and/or tree nuts to be eaten in any of our classrooms.** We require that during the school day no food items with peanuts and/or tree nuts be eaten in the classroom for a snack or any other class events, including birthday/class/holiday parties, or packed for lunches on field trips. The Classroom Food Policy must be followed at all times. Only food items found on the [St. Mary School Approved Classroom Snack/Treat List](#) may be eaten in the classroom. Students are allowed to bring peanut butter and pre-shelled peanuts and tree nut products for their school lunches since there is a dedicated nut-free table provided for children with allergies in the Oak Room school lunchroom. Due to the increased risk of cross-contamination, shelled nuts are not allowed at St. Mary School at any time, including the lunch periods in the Oak Room/school lunchroom.

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### Classroom Food/Celebration Policy

- Only foods found on the Approved Snack/Treat List will be allowed to be eaten in the classroom.
  - **Homemade snacks/treats are no longer allowed in the classroom or lunchroom.**
  - **Food that is brought in for birthdays that is not on the Approved Classroom/Snack Treat list will not be distributed and will be sent to the office and a parent will need to pick it up.**
  - Treats sent to school for birthdays or other parties/celebrations must be pre-packaged and will be sent home with the students at the end of the school day. (Homemade snacks are not included in this policy.)
  - Classroom parties may still be held with food from the St. Mary School Approved Classroom Snack/Treat List only.
  - **We strongly urge you to bring non-edible prizes/treats to share on birthdays, etc.**
  - **ONLY Peanut/Tree Nut free snacks/treats/lunches will be allowed on fieldtrips.**
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### Extracurricular/After School Activity Policy

Regarding After School Activities and Extracurricular Activities, only food on the Approved Snack List will be allowed. As is stated above, ***St. Mary School does NOT allow any products that contains or have been processed in a facility with peanuts and/or tree nuts to be eaten in any of our classrooms.***

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**Other After School or evening Activities i.e., school dances, cotillion, etc.**

**All other school activities must have on their flyer that this is not an allergen free event. Please include on event flyers a contact for any parents that have a food allergy concern so that they can help their child to attend the event safely.**

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### TIME TO CELEBRATE

Here are just a few non-edible ideas you can use to celebrate that special day with your classmates!

- Stickers, erasers, or fun pencils
- A favorite book you would like to share by donating it to your classroom or to the library
- A favorite game you would like to donate to your classroom for use on days when recess is indoors
- Sports equipment for use during outdoor recess

With our continued emphasis on healthy eating and in consideration of the increase in as well as severity of food allergies among our students, we would like to begin to shift the focus of our celebrations away from edible treats in the classroom and on to non-edible options, like the ones mentioned above.

Please direct any questions about this policy to Mrs. Nolzco at [nnolzco@stmaryriverside.org](mailto:nnolzco@stmaryriverside.org) or Mrs. Garza at [lgarza@stmaryriverside.org](mailto:lgarza@stmaryriverside.org).