



PASADENA UNIFIED SCHOOL DISTRICT
EDUCATION CENTER - HEALTH PROGRAMS

Dear Sierra Madre Families:

A student in your child's class has a life-threatening allergy to peanuts, nuts and nut products. *He/she will suffer a severe allergic reaction and might go into anaphylactic shock if he/she touches peanuts/nut products, or even holds hands with another child who has just eaten peanut products, such as a peanut butter sandwich.* Although emergency medication is available, anaphylactic shock could result in death if this child comes in contact with peanuts or nut products.

The student's family and staff thanks you in advance for helping with this situation and would ask that you try to avoid all nut products when preparing snacks or lunches for school. Also, we ask that before school, your child's face and hands be washed thoroughly after eating if they have eaten or handled peanut butter or any other nut products during that meal.

A partial, and less than comprehensive, list of foods and products that may contain peanuts and peanut products is listed below. Please be aware that some products, which do not specifically list peanut products in their ingredients, may be a risk do to cross-contamination with shared utensils and/or cooking equipment. These foods will often state that the item was prepared in a facility that uses peanuts (Regular M&M candy is an example).

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| Peanuts | Peanut Butter |
| Peanut oil | All cereals with nuts |
| All breads with nuts | All pastries with nuts |
| All ice cream with nuts | NesQuick Cereal |
| Marzipan | Nougat |
| All cookies with peanut butter or nuts | Snickers bars |
| All candies with peanut butter or nuts | Granola bars |
| Little Debbie Oatmeal Creme Pies | Butterfinger bars |
| Quaker Oats Banana Crunch Rice Cakes | M & M's |
| Quaker Chewy Granola Bar Variety Pack | Mixed nuts |
| Ritz Bits with peanut butter | Beer nuts |
| Nestle Crunch Ice Cream Bars | Nestle Raisinettes |
| Kirkland Gourmet Jelly Beans | Jelly Bellies |
| Products that contain "mandelona" or "new nuts" | Chex Mix |

We also ask that any food product to be shared by the entire class be a food that has an ingredient list on the packaged items. No home baked goods will be shared.

Thank you for your efforts to keep our students safe. If you have any questions, please contact me at 626-396-3600 - Ext. 88249.

Sincerely,

Ann Rector
Coordinator, Health Programs

School Nurse