



Sacramento Valley Charter School
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Dr. Amrik Singh, Principal

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Dear Parents,

Food allergies are becoming increasingly common among children, and this year, there are students in your children's classrooms who have severe allergy to nuts and other allergens - any exposure to these items, even a tiny amount, could be potentially very serious and life threatening for these children. Please make sure the office is aware if your child has a dangerous food allergy.

We are in the process of revising and tightening our controls regarding food allergens, and are revising our offered menus accordingly, to make our lunch program as safe as possible. Even with this increased awareness and care, we highly suggest that parents of children with severe food allergies send their students to school with a home-packed, allergen free lunch, as the surest method of limiting exposure to allergens.

We do ask our students and families to help make the school environment safer for all students, by following these simple suggestions:

- Please avoid sending any foods that contain nuts, such as peanut butter or nutella sandwiches, muesli or health bars with nuts, to school with your child. SVCS has a zero-tolerance policy for sending nut-based foods in school lunches.
- Please always contact the front office and classroom teacher before sending any food for sharing with the class for special celebrations like birthdays or holidays.
- Please remind your child never to share his/her food and drinks with other students.
- Please wash your child's face and hands thoroughly before they leave home, especially if your child has eaten nuts/allergens prior to coming to school.
- Please remind your child often to wash their hands before and after eating.

We greatly appreciate your support for children with food allergies. Together we can make a difference and thank you for helping to support our school community.

Kind regards,

Dr. Amrik Singh, Principal