



# Sacramento Valley Charter School

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Dear Parents,

Food allergies are becoming increasingly common among children, according to data included in the Centers for Disease Control and Prevention (CDC) guidelines, “nearly 1 in 5 students with food allergies has had a reaction at school.” 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. For this reason, we have reviewed and evaluated our outside food policies and have opted to not allow parents and family members send any outside food to classrooms as part of a holiday and/or celebration.

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.

Teachers may award students labeled food incentives only under their close supervision and they have the responsibility to help students with food allergies read labels.

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

- Please make sure the office is aware if your child has a dangerous food allergy.
- Please avoid sending any food as part of a gift, celebration and/or holiday, such as birthdays, instead consider the use of non-food incentives for prizes, gifts, and awards.
- 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 (ex. Nutella, peanut butter) 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*