

Parents' Guide to Food Safety at Charles G Fraser

Our Anaphylaxis Prevention Approach

Dear members of the Charles G Fraser Community,

As you may be aware, we have students at our school who have life-threatening food allergies, and we continue to work, as a school and a community to establish practices and systems to ensure that all our students are able to enjoy a safe and inclusive learning environment.

Part of our continued efforts include informing and educating all members of our Charles G Fraser School community about the Real Dangers posed for people living with Anaphylaxis.

Some Facts and Realities About Food At Our School

1. At the moment, **we have students at our school with life-threatening allergies** to the following items:
 - **Peanuts & Peanut products (peanut oil, peanut butter, packaged/ processed foods that may contain peanuts)**
 - **Nuts & tree nuts (almonds, walnuts, pecans, cashews, hazelnuts, etc.)**
 - **Sesame**
 - **Fish & Shellfish**

This list is partial and temporary. It may change as new students come into our school community every year, or as new allergies are identified.

2. **There are no universally "safe" or "un-safe" foods** - different students have different allergies, and being careful to observe things like "no peanuts" directives is NOT the same as ensuring food safety. All anaphylactic reactions- whether to peanuts or to any other foods - have the potential to be life threatening.
3. **No Foods are officially banned from school.** The TDSB does not impose any food bans or restrictions, and guidelines for food safety are developed individually by school communities, like ours.
4. Children's natural tendency is to trade treats and share food, are all strongly encouraged and regularly reminded that, while generosity and sharing are values we all want to promote, **sharing food at lunch or snack time could be very dangerous** to their friends

