

## Food for Thought! October 2013

This newsletter is a reminder that at Davisville Public School we have several staff and students who are **very allergic** to nuts. Severe nut allergies can result in anaphylaxis, a life threatening allergic reaction. Anaphylaxis can occur within minutes of coming in contact to an allergen. Serious symptoms can include: wheezing, and **not being able to breathe!!** (Lewis and Chernenko, 2010, p.271).

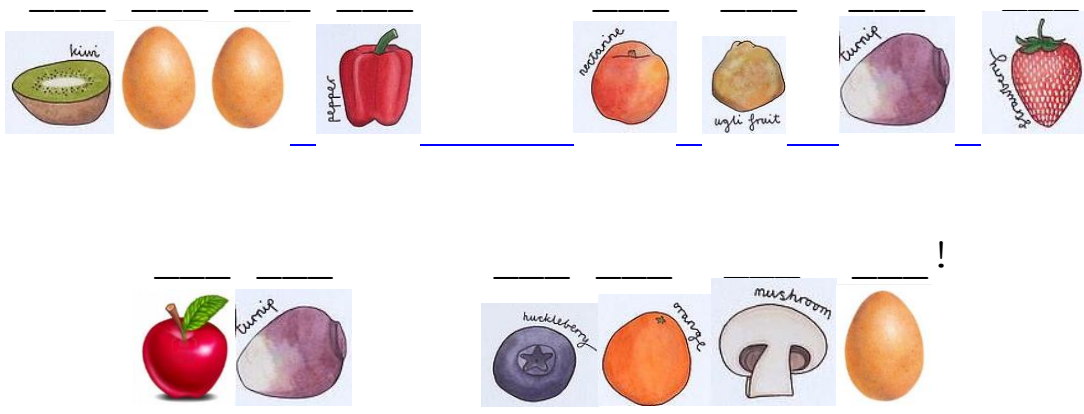
**It is important that your son or daughter not bring foods containing any kind of nut or nut products to the school for this reason.**

Some foods that are **not allowed** at school due to their nut content are:

- Peanut butter
- Nutella (or hazelnut spread)
- Macadamia Nuts
- Pesto (or other pine nut containing products)

Dear Parent or Guardian, my name is Shannon and I am a student nurse from the Ryerson Collaborative Nursing Degree Program. I am placed at Davisville Public School two days a week for Fall 2013. Over the next few weeks I will be running an activity to get students thinking about the food that they bring to school. Classrooms will compete against one another for a chance to win a healthy snack party. Students who get help from their parent/guardian to fill out the ballot on page 2 and drop it off in the Food for Thought ballot box will receive a gold star for their class. At the end of the two-week challenge the class that has collected the most gold stars will receive a healthy snack party.

### Decode the Secret Message!










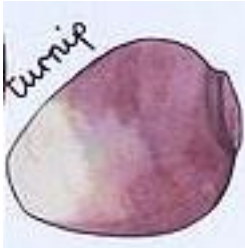



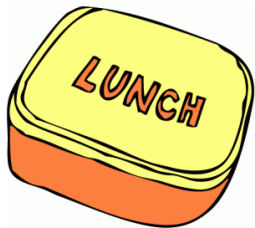
**Decoder key on the back of the page →**

Reference:

Lewis, S. L., Chernenko, S. A., (2010). Transplantation and Altered Immune Response. In S. L. Lewis, M. M. Heitkemper, S. R. Dirksen, L. Bucher (eds.), *Medical-surgical nursing in Canada: Assessment and management of clinical problems* (2<sup>nd</sup> Canadian ed.) (pp. 271). Toronto: Elsevier Science Canada.

## Decoder Key:

	=A		=E		=H		=K		=M
	=N		=O		=P		=S		=T
	=U	**Fun Fact: Ugli Fruit is a hybrid between a tangerine, a grapefruit, and an orange!							



### Lunchbox Idea!

#### Sandwich:

- ✓ 2 Slices whole wheat bread
- ✓ 2 tbsp hummus
- ✓ 1 sliced apple

#### Snack:

- ✓ Banana or ½ cup berries
- ✓ 1 granola bar
- ✓ 100g yogurt

#### Drink:

- ✓ Water in a refillable bottle



### Question:

I can't bring a nutella sandwich to school because...

- a) Nutella is chocolate and I shouldn't eat chocolate sandwiches
- b) Nutella is made out of hazelnuts and people at school are allergic to nuts
- c) Nutella contains too much sugar.

**Ballot: Return by Oct. 28<sup>th</sup>**

Enter your Ballot in the ballot box next to the Lost & Found

-Student's First

& Last Name: \_\_\_\_\_

-Classroom: \_\_\_\_\_

-Answer: \_\_\_\_\_

-Parent's signature: \_\_\_\_\_