



Richard M. Machesky, Ed.D.  
Superintendent of Schools

Tammy DiPonio  
Principal Costello Elementary  
Troy, Michigan 48085

2015 - 2016

Dear Families:

In an effort to ensure a safe learning environment for all, we encourage you to send/bring **only peanut and tree nut free snacks and lunches** to school. We would like to bring your attention to a growing health concern. An increasing number of children are being diagnosed with life-threatening food allergies. Although the risk to students with these allergies cannot be completely eliminated, it can be greatly reduced. The family, school and community can all help protect students with life-threatening food allergies.

**General Information about Life-Threatening Food Allergies:** Over 90 percent of life-threatening allergic reactions are caused by the following eight foods: peanuts, tree nuts (walnut, cashew, pecan, hazelnut, almond, etc.), milk, egg, fish, shellfish, soy and wheat. Peanut and tree nut allergies rank number one! Studies of children show that most reactions happen from accidental ingestion. However, it is possible for a student to react to exposure through touch and in rare cases inhalation exposure. Students with severe food allergies are at risk for anaphylaxis which is LIFE-THREATENING and requires immediate emergency treatment.

### **General Guidelines:**

- The Troy School District encourages and only allows the use of non-food items (pencils, stickers, etc.) as celebratory treats instead of food.
- Costello Elementary School encourages you to send only nut free items to school when sending a snack and lunch.
- Teach your children not to share any food or utensils in the classroom or lunchroom.
- Teach your children the practice of proper hand washing before and after eating. It is important for the safety of all students. It decreases the spread of germs and the risk of allergen exposure.
- Teach your children to accept that all children are different and some cannot eat certain foods, but they are still our friends.

Our ultimate goal is to ensure the health and safety of all of our students. Although an All-Allergen Free environment is impossible to achieve and may create a false sense of security, we *can* all cooperate in reducing the life-threatening risks to the children of the Costello Community. Thank you for joining us in being an Allergy Considerate Community.

Tammy DiPonio  
Principal

