

It is estimated that one of every 13 Canadians has a serious food allergy. In our own community at Aspenwood, there are several children and adults with food allergies that range from mild to life threatening. While not all allergies can be reasonably accommodated, **Aspenwood Elementary continues to be a peanut / tree nut free environment.**

Please pack lunches carefully, keeping in mind that what is a healthy, enjoyable lunch for your son or daughter may be life-threatening for the child at a neighbouring desk. **Remind your child that it is not safe to trade or share food.**

The same restrictions apply to holiday and birthday celebrations. **If you are sending a treat into the classroom for sharing, please consider the following:**

- a) a non-food item. This is guaranteed to be safe for all.
- b) a store bought item, with ingredients clearly labelled.

While children with allergies are often quite good at advocating for themselves, we must remember that they are still children. We can not assume that they are asking the right questions or exhibiting caution when their peers are all enjoying a sweet, tempting treat.

Thank you for your cooperation in keeping Aspenwood a safe place for students and staff with severe nut allergies.