



# Arts Academy at Estrella Mountain

## Food Allergy Information

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Dear Parent/Guardian,

Many of our students have food allergies that can lead to various reactions, ranging from mild to life-threatening. Sensitivity levels vary, with some students reacting even to airborne allergen particles. **Peanuts and tree nuts are the most common allergens in our school community.**

To ensure the safety of all our students, our school meals are entirely free of peanuts and tree nuts. We strongly encourage both staff and students not to bring any food items containing these allergens into the school premises.

The top 9 food allergies include peanuts, tree nuts, dairy, eggs, fish, shellfish, wheat, soy, and sesame, with peanuts and tree nuts being the most common found in school aged children. At Arts Academy at Estrella Mountain, we are deeply committed to ensuring the safety and health of our students. Our goal is to minimize accidental exposure and respond promptly to emergencies. We have trained staff members equipped with emergency response devices, such as EpiPens available in such cases.

The following is important information in order to minimize the exposure to potential severe reactions to food allergies.

- Classroom parties that include food items not provided by the Food and Nutrition Services must be approved in advance to ensure it is allergen friendly. Please contact the Director of Food Services.
- Classrooms with students who have life-threatening anaphylactic allergies will be informed, and teachers trained on what to look for. Parents and guardians of students within that class will be notified. We encourage parents to speak to their children about food allergies and the danger of sharing unapproved food items.
- An approved snack list has been established, and we ask that only these snacks be sent to classrooms. This snack list meets the nutrition standards for SMART SNACKS IN SCHOOLS established per AZ Health and Nutrition Services.

These procedures will be regularly reviewed to identify areas for improvement as we strive to maintain a safe school environment for students with food allergies.

### **My child has a food allergy, what do I do next?**

Please contact the Food Service Director or Health Assistant before your child starts school so that we can provide you with the necessary forms. It is your responsibility to complete the Special Diet/Allergy Form, which must be signed by a medical professional detailing the specific allergies and foods to avoid.

This paperwork is crucial for us to accommodate our menus and ensure your child's safety, especially for allergies other than peanuts or tree nuts. Our cafeteria staff is trained to assist students during meal service only when all required paperwork has been submitted to the school.

Lori Lopez

A handwritten signature in black ink, appearing to read "Lori Lopez", written over a light blue horizontal line.

Director of Food Services

If you have other questions regarding the child nutrition program, call  
**623-474-2120 ext 0716**