

PEANUT/NUT AWARE POLICY

At Vancouver Talmud Torah, we endeavour to provide a safe environment for all our students. To that end, we must respect the fact that some of our students have life-threatening allergies to peanuts, nuts and nut products. For some students, ingestion or exposure to by unknowingly touching traces or residues of this food substance (i.e., on a ball, on a hand, student desk or lunch table) could cause anaphylactic shock and, without immediate emergency medical assistance, loss of consciousness and death.



In response, VTT, like most other schools throughout the Lower Mainland, is a "peanut/nut aware" school. This means that products containing peanuts, nuts or nut products in students' lunches will not be allowed. Food brought in for common consumption must not contain peanuts, nuts or nut products or made in a facility that processes nuts. We do not use the terminology "peanut/nut free" because we cannot guarantee that there will never be traces of peanuts/nuts in the school.

We understand this may cause some inconvenience to our families. Below are some nutritious lunch and snack ideas:

Peanut free lunch ideas:

- Pita wrap sandwich with humous/refried beans/cheese with lettuce and tomato
- Quesadilla wedges with melted cheese and/or refried beans and side container of salsa
- Boiled cheese tortellini with dip
- Macaroni and cheese and other forms of pasta
- Crackers with hard boiled egg or cheese
- Greek yogurt with carrot, celery and cucumber sticks and a piece of fruit
- Bagel sandwich with cheese/cream cheese/smoked salmon
- Pizza slice with vegetables or fruit
- Soup or stew in a thermos
- A multi-compartment plastic container with your child's favourite fruits, vegetables, condiments

Peanut free snack ideas:

- Yogurt (drinks, tubes, minigos)
- Fruit cups
- Fresh fruit or dried fruit
- Puddings
- Crackers and cheese
- Celery stuffed with soft cheese or cream cheese
- Homemade trail mix with cereal, pretzels, and raisins
- Graham or animal crackers
- Vegetables with dip
- String cheese
- Mini pitas or mini bagels