



Commission scolaire English-Montréal  
English Montreal School Board



## Helpful information on food labelling...

In Canada, the most common allergens (eggs, mustard, milk, peanuts, seafood, sesame, soy, sulfites, tree nuts and wheat) must be clearly declared on the product label.

Claims or symbols are not government regulated. The **Allergen Control™** program is the only allergen control certification program recognized by Health Canada. Their logo can be found on specific manufactured products that offer the best possible protection to consumers.



Be aware that even the most refined allergen detection test cannot ensure the purity of a product.

**Therefore, it is never a guarantee that a product is "100% allergen-free".**

**For more information**, visit the Allergies Québec website:  
[www.allergies-alimentaires.org/fr](http://www.allergies-alimentaires.org/fr)

# FOOD ALLERGIES

PEANUT, TREE NUT, EGG, FISH, AND OTHER ALLERGENS

Dear Parents,

Some students in our school have serious food allergies, where even trace amounts of a food allergen (e.g. from peanut, tree nuts, eggs, fish, etc.) can trigger a severe reaction (anaphylaxis).

Providing a safe environment for our students is our priority. To help maintain our school "**ALLERGY SAFE**" and reduce the risk of unfortunate events, all students are asked to:

- ✓ Prioritize **VEGETABLES and FRUITS** as snacks
- ✓ Ensure **HAND-WASHING** before and after eating
- ✓ Practice the "**No SHARING FOOD**" rule; including utensils, containers and water bottles
- ✓ Ensure no eating in **SCHOOL BUSES**
- ✓ Remain vigilant if their lunch contains allergens (avoid contact with students with allergies)

As the absence of allergens in foods offered through various programs and activities cannot be guaranteed, parents of children with allergies are reminded to provide allergen-free foods from home if they opt not to participate in these programs/activities. Furthermore, parents are advised to evaluate all risks associated with using the school cafeteria and outside food suppliers to make an informed decision on the use of these services.

Students with severe food allergies should eat at their assigned "reserved" seating in the lunchroom. They should ensure cleaning (using cleaning wipes) of their meal surface area before eating and use a place mat to set their food (cleaning wipes and place mats to be provided by parents). Moreover, students are encouraged to use isothermal containers (thermos) for hot meals and refrain from using microwave ovens.

As providing a safe environment for our students is a major concern, we wish to remind all parents that an **allergen-free environment cannot be guaranteed in our school as complete avoidance of all allergens is not possible**. If at any time a student feels at risk in the possible presence of an allergen, he/she should immediately go to a safe area and report to a responsible adult.

Parents of students with food allergies are reminded to inform the school Principal of their child's allergy and ensure that auto-injectors are readily available and replaced before the expiration date.

Thank you for helping us maintain our school "ALLERGY SAFE".

*Your Principal and School Board Dietitian*