



# Nut Alert!

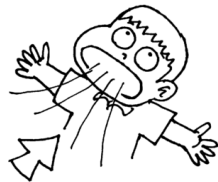
Nut allergies can be life threatening.

Even if your own child does not have a nut allergy, take time to teach your child some simple rules for when they are at school. This will help keep all children safe!

## Simple rules to teach your child for school:

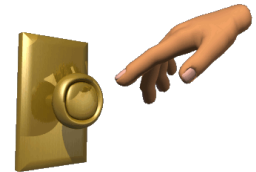
### Eating or breathing in:

- Don't share food. Only eat the food that is made for you!
- Don't share things that can have any food or drinks on them such as utensils, cups, bottles, or straws.



### Touching things:

- Wash your hands before eating or after touching your nose, eyes or mouth.
- Make sure you wash your hands long enough; sing a song that lasts about 30 seconds.



## A quick snack idea that even your child can make for school:

### Banana Tortilla Spirals

1 whole wheat tortilla  
2 tbsp soy nut butter  
sunflower seeds, shelled  
raisins  
1 banana, peeled

- Spread the soy nut butter on the tortilla.
- Sprinkle sunflower seeds and raisins over the nut butter.
- Place the banana on one edge of the tortilla.
- Roll up the banana tucking in the ends.
- Saran wrap and refrigerate for 30 minutes before slicing into bite size pieces. Yum!

