

Nut Allergy Awareness Policy at Temple Israel, as of 2012



Some of our congregants, children as well as adults, have serious food allergies. While there are a number of foods that can cause allergic reactions, peanuts and all tree nuts are significant sources of severe food allergies within our community. **There now is a policy at the Temple, approved by the Board of Directors, requesting that everyone avoid bringing peanuts, peanut butter or any nuts or nut products into the**

Temple. While this policy will hopefully decrease the risk to individuals who are allergic to peanuts and other nuts, it is impossible to fully eliminate all risks of allergic reactions to these foods. For example, food containing peanuts or tree nuts or nuts might unknowingly be brought onto the Temple premises. Furthermore, while we do not allow actual nuts or nut products, **we do allow food that “may contain traces of peanuts or tree nuts”, or that is made “on shared equipment” or “in a facility that processes nuts” to be served.** While the Temple will be as helpful as possible, it is ultimately the responsibility of an individual with food allergies or their family in the case of a child to decide which foods can be eaten.

We appreciate the participation of the entire Temple community and ask that you comply with the following:

- 1) **Do not bring peanuts, peanut butter or any nuts or nut products into the Temple.**
- 2) **If you have any kind of food allergy, try to notify the Temple beforehand if you plan to be at a function where food will be served. Also, speak with kitchen personnel if you have questions about ingredients and check food labels if available.**
- 3) **If you are uncertain about the safety of food served, you should avoid it, or make sure to ask to see food labels before eating it. Please assume that most baked goods “may contain traces of peanuts or tree nuts” unless you are shown otherwise.**
- 4) **We encourage anyone with a history of food allergies to consult their physician and discuss the possibility of carrying an Epinephrine injector.**
- 5) **Individuals who prepare food for a community event should save labels whenever possible and be aware that people with allergies may come to the kitchen with questions.**
- 6) **The Ida & Charles Gilvarg Religious School adheres to the same standard as the congregation: no nuts, but traces of nuts are allowed in snacks.**
- 7) **The Judy Gordon Nursery adheres to a higher standard and does not serve foods with traces of nuts or that are made with shared equipment or facility; the school also asks its parents to adhere to this standard with lunches and foods sent in.**