

## Nut Free Snack Policy

Though we can not control the snack choices made by patrons at TCAN's evening shows, TCAN's snack bar or what students eat or previously had in their snack bags before they arrive at our workshops, we do our best to maintain a nut free zone during our workshop hours for students with allergies.

Please avoid bringing any snacks or lunches that contain nuts or a nut warning of any kind. (nuts, may contain traces of nuts, processed in a nut facility, contains any nuts or nut oils etc. If it says the word nut on it, it's not allowed) Please check the labels, companies change their production facilities all the time and something that was ok last summer, might not be this summer or vice versa.

Students are not allowed to share food with classmates under ANY circumstances, if we need to provide an alternate snack for your child we will call you, no child will be given food without parental consent.

(EPI-PENS should always be left, with the child that has allergies at the workshop, in case of emergency).

**1/2 Day students should bring : 1 nut free snack**

**Students attending both workshops (morning & afternoon) should bring :  
2 Nut Free Snacks and A Nut Free Lunch**

### **Recommended Nut Free Snacks**

Fruits

(apples, bananas, pears , peaches, berries, melons, oranges etc)

Vegetables

(carrots, celery, tomatoes, cucumbers, peppers etc)

### **Sometimes Nut Free Snacks**

**“CHECK THE LABELS CAREFULLY”**

Cheese

Yogurt

Hummus

Bread

Popcorn

Dried Fruit

Crackers

Chips

### **Usually NOT NUT FREE**

**“NOT ALLOWED unless sealed in a package that specifically says  
certified NUT FREE by the manufacturer”**

Granola or granola bars

Cereal or cereal bars

Protein bars, meal bars or breakfast bars of any kind