

Nut-Aware Policy for Congregation Etz Hayim

Purpose

Congregation Etz Hayim is committed to creating a safe and welcoming space for all members of our community. While we are not a completely nut-free facility, we are a **nut-aware community**, and we ask for everyone's cooperation in minimizing risk and promoting safety.

What "Nut-Aware" Means

- We **strongly discourage** bringing foods that contain peanuts or tree nuts to the synagogue.
- We **ask all families, staff, and guests** to read ingredient labels carefully and avoid products that:
 - Contain peanuts or tree nuts
 - Include nut oils or nut butters
 - Include nut flour
 - Are labeled "may contain nuts" or "processed in a facility that also processes nuts"
- We **encourage store-bought items** with clear ingredient labeling for shared snacks or events.

Preschool & Religious School Guidelines

- **Snacks and lunches** should be nut-free to protect children with allergies.
- **Teachers and staff** will monitor food brought into classrooms and may remove items that pose a risk.
- **Birthday and holiday treats** must be store-bought, sealed, and clearly labeled nut-free.
- Parents of Religious School students are required to
 - Note their child's allergy on designated areas of school forms;
 - Verbally alert both the Religious School Director and the student's teacher to the allergy;

- Provide specific instructions and, if needed, medications in the event their child has an allergic reaction to nuts.
- **Staff are trained** in allergy awareness and general emergency response procedures.

Events & Community Gatherings

- Event organizers are asked to **prioritize nut-free options** when planning menus.
- **Caterers and vendors** should be informed of our nut-aware policy and asked to avoid nut-containing ingredients.
- If nut-containing items are present, they must be **clearly labeled** and kept separate from other foods.

Our Shared Responsibility

We rely on the care and mindfulness of our entire community to protect those with allergies. By being nut-aware, we demonstrate our values of compassion, inclusion, and mutual respect.

Questions & Communication

If you have questions about this policy or need guidance on safe food choices, please contact the synagogue office at office@etzhayim.net

Thank you for helping us make Congregation Etz Hayim a safe and thoughtful space for everyone.