



BEVERLY PUBLIC SCHOOLS
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Superintendent of Schools

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Dear Parents and Guardians,

In response to our ongoing concerns regarding childhood nutrition and food allergies, the Beverly Elementary Schools will continue to implement the following guidelines:

The Beverly Elementary Schools are peanut aware buildings. All snacks or food consumed in class should be peanut and tree nut free.

- A voluntary peanut/ nut free table will be maintained in the cafeteria during lunch.
- Families and staff should encourage and model healthy eating.
- Families and staff should be encouraged to provide snacks that meet the Massachusetts A LA Carte Standards <http://www.johnstalkerinstitute.org/alist/>
- Birthday Celebrations should be held without food.
- Families and staff should encourage the eating of fruits and vegetables.
- Staff is encouraged to use non-food items as rewards or gifts.

To assist you in meeting the guidelines I have attached a partial list of peanut and tree nut free healthy snacks and some suggestions for non-food items for birthday celebrations.

If you have any questions please contact your building principal or nurse.

Sincerely,

Steven A. Hiersche, Ed.D.
Superintendent of Schools