



**Parental Alert:**  
**Life Threatening Nut Allergies**

**The Dale Turner Family YMCA  
School Age Program is a  
PEANUT AND NUT FREE ZONES**

We have children in our programs that have life-threatening allergies to nuts. Exposure to nuts in any form (even a trace amount) may cause the child to experience a type of shock called anaphylaxis. This is a reaction that affects the entire body and can result in the child not being able to breathe and their heart could stop. Because of the severity of the reaction, a syringe of medication (epinephrine) must be administered immediately and 911 called. Staff are trained to recognize and respond to signs of this reaction, but we need your help.

Strict avoidance is the only way to prevent this type of reaction. The safest environment is one where there are no nuts of any kind in the classroom/building. To achieve a nut free environment we ask that you cooperate with us by not sending in foods such as but not limited to: Peanut Butter, Nut Butters, Nuts, Granola/Cereal Bars with Nuts, etc.

**Please read the ingredients in items and note the allergens listed on the label.**

We realize this request may cause you an inconvenience and we are sorry. We appreciate your help and understanding as we attempt to create the safest possible environment for all the children in our programs.

If you have any questions please speak with your child's teacher or the program supervisor.

Thank you

Beth Plank  
Regional Child Care Director  
Dale Turner Family/Northshore YMCA  
425-949-6647