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5 Tips Day Care Centers Can Use to Prevent Nut Allergy Reactions and Reduce EpiPen Use
With the Price Increase of EpiPens In the News, Smarter Toddler Child Care Centers Have a Common Sense Solution by Avoiding Nut Allergy Incidents in the First Place

NEW YORK CITY, SEPTEMBER 1, 2016 — [Smarter Toddler Nursery and Preschool®](#), a luxury arts-based private preschool and childcare provider in Financial District, Manhattan and Williamsburg, Brooklyn released today five tips for preventing nut allergy incidents at its schools as part of its commitment to promoting the health and safety of all its students.

Smarter Toddler works closely with parents and staff members to help minimize risks associated with food allergies and has put into place strict precautions and procedures that support its children's safety and well-being.



Top 5 Tips on Supporting a Nut Free Environment

- 1. Enforce a Strict No Nut Zone.** No food containing nuts, peanuts or processed on equipment that also processes nuts or peanuts should be served or allowed within the Day Care Center. This includes cashews, peanuts, almonds, peanut butter and Nutella.
- 2. Read Labels Thoroughly.** Always read labels thoroughly and look for manufacturer disclaimers like “made in a facility that processes peanuts and tree nuts” or “may contain trace amounts of nuts.”
- 3. Offer Healthy Nut-Free Alternative Foods.** Look for healthy alternative nut-free snacks and meals like organic fruits and veggies, applesauce or crackers. For birthday parties, invite parents to supply their own nut free cake or treat. Nut, egg and dairy free cake mix from Cherrybrook Kitchen at <http://cherrybrookkitchen.com/gluten-free-yellow-cake-mix/> or consider a fun fruit alternative at www.EdibleArrangements.com.
- 4. Be Available and Proactive.** Meet with families and make staff available to discuss the policy, answer questions, and address concerns.
- 5. Stay Informed.** Stay up-to-date with news, studies and other authorities in how to maintain a healthy, happy and allergy-free environment for everyone. Follow mommy-bloggers who share their family's' food allergy-free lifestyles like <http://momversusfoodallergy.com>.

“Food allergies can be life threatening . This is why Smarter Toddler is committed to offering a safe, inclusive environment for all its children, including children with food allergies,” said Smarter Toddler Education Director, Lisa Alvarez. “We work closely with our families and school staff members to do all we can to help minimize food risks. Now that EpiPens may be less accessible due to the extreme rise in prices, our nut restriction policy is even more important than ever.”

Children with allergies to tree nuts or legumes/peanuts can experience severe allergic reactions by touching (contact), inhaling (airborne) or eating a food item that contains even just trace amounts of nut. All parents, teachers and staff are asked to be extra vigilant to ensure that no nut containing food products enter the school for the safety of all its children. Notices are posted throughout Smarter Toddler as a friendly reminder of this very important policy.

About Smarter Toddler Nursery and Preschool®

Smarter Toddler Nursery and Preschool®, a luxury arts-based childcare and early learning center in NYC, was founded by New York City artists and parents dedicated to providing children with a stimulating environment to grow and develop through creative expression and inquiry-based education.

For 14 years, Smarter Toddler Nursery and Preschool® has provided high-quality, luxury childcare and early childhood education for children 3 months to 5 years with a Reggio Emilia inspired philosophy and a progressive arts-based curriculum that inspires discovery, imagination, creativity and problem solving. Through hands-on artistic exploration including visual art, music, theatre, movement, and dance, children are given the tools to express themselves, and a natural method of achieving language, literacy, social, emotional, physical and cognitive milestones. Brand new music-filled classrooms are located in the Financial District at 101 John Street, New York, NY 10038 and in Williamsburg at 17 North 6th Street,



Brooklyn, NY 11249. More info at <http://www.smartertoddler.net>

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