

Karen's Castle Day School Inc. 81 Glenwood Road Glen Head, NY 11545 (516)674 - 3834



KarenGreene@karenscastle.com www.karenscastle.com

	The following are the Agreement	nt Forms between (parent's name)	and
	Karen's Castle Inc. for the child	lcare to be provided for (child's name	ne)
	Child's/Children's Start Date	:	
•	example, if the pick up time is 5 payment of late fee is due the prior to pick up. O Please email the night be NOTE: There are no n make ups or refunds for The following people	there is a \$25 late charge for every 5pm, the late charge starts accruing a day you are late. If you are going to efore or call the morning of, if your nake-ups or refunds for days that or the days school is closed. are authorized to pick up my child y of the authorized person's drivers	at 5:01pm. *Please note that to be late, please call at least 1 hour child is not coming to school. your child is absent. There are no dat Karen's Castle:
	Name	Address	Phone
	Name	Address	Phone
	Name	Address	Phone

Payments:

- All children's schedules are prepaid monthly.
- Tuition is <u>due on or before the 10th</u> for each upcoming month.
- Venmo Karen-Greene-4, Cash or check made payable to Karen's Castle Inc.
- There is a \$50 late charge (accruing on the 11th of the month) for payments 1-4 days late, and \$100 late charge for payments 5-9 days late.

Bounced Check Policy:

o There is a \$50 bounced check fee and all future payments will be restricted to cash or Venmo.



The length of this contract:

*10 and 12 month programs are available. (Please see the attached Calendar to see exact start and end dates.)

The contract can be changed or terminated by either party with one month's notice. Karen's Castle does reserve the right to expel a child immediately if their behavior is inappropriate or harmful to the other students. No refund would be given.

I give permission to Karen's Castle Inc. and staff to apply sun block on my child. I understand that I must apply the sun block before my child attends Karen's Castle. I will supply the sun block for Karen's Castle and staff to re-apply. I will label the sunblock with my child's first & last name.

I give permission for my child to sleep in the classroom or on the first floor on a mat. I understand the door of the room will be open and supervision will be provided on the same floor. I will provide a blanket and sheet for my child's use.

I give my permission for my child's picture to be used for promotional purposes and our website.

I give permission to Karen's Castle and staff to transport my child in his/her car.

My staff and I are NYS mandated reporters of child abuse and maltreatment. If you suspect child abuse or neglect the hotline is 1-800-342-3720.

*** ALLERGY & CHOKING HAZARD ALERT! ***

The following items are **NOT** allowed in school. There are **NO** exceptions.

- Peanuts
- Tree Nuts
- Coconuts
- Poppy Seeds
- Sesame Seeds
- Eggs
- Avocados
- Shrimp

- Marshmallow
- Candy
- Celery
- Hard Carrots
- Small tomatoes
- Raisins
- Yogurt Covered Raisins
- Popcorn
- Grapes

If an item says that it's made in a nut factory, **DON'T** send it. If it says may contain nuts, **DON'T** send it

I have read this Agreement carefully and with full understanding of the policies of Karen's Castle Inc., I agree to all of the above.

Print Parent's Name	
Parent's Signature	Date

Karen's Castle Day School Registration Nursery & Pre-K Programs Registration Form For 2 Year Olds Entering Kindergarten in Sept. 2024



Please put an X on the days you would like to register your child.

Leave the other boxes blank.

Child's Full Name: _	

2 Days Per Week			
Program	Tue	Thu	
Half Day AM:			
8:25 AM – 12:20 PM			
Half Day PM:			
12:30 PM – 4:30 PM			
Full Day:			
8:25 AM – 2:25 PM			
Extended Day:			
8:30 AM – 4:30 PM			
Extra Hours	Tue	Thu	
7:30 Drop Off			
8:00 Drop Off			
5:00 Pick Up			
5:30 Pick Up			

3 Days Per Week			
Program	Mon	Wed	Fri
Half Day AM:			
8:25 AM – 12:20 PM			
Half Day PM:			
12:30 PM – 4:30 PM			
Full Day:			
8:25 AM – 2:25 PM			
Extended Day:			
8:30 AM – 4:30 PM			
Extra Hours	Mon	Wed	Fri
7:30 Drop Off			
8:00 Drop Off			
5:00 Pick Up			
5:30 Pick Up			

5 Days Per Week					
Program	Mon	Tue	Wed	Thu	Fri
Half Day AM:					
8:25 AM – 12:20 PM					
Half Day PM:					
12:30 PM – 4:30 PM					
Full Day:					
8:25 AM – 2:25 PM					
Extended Day:					
8:30 AM – 4:30 PM					
Extra Hours	Mon	Tue	Wed	Thu	Fri
7:30 Drop Off					
8:00 Drop Off					
5:00 Pick Up					
5:30 Pick Up					

Parents Full Name (print):	_ Amount Enclosed: \$
Parents Signature:	_ Date:

Please fill out this form completely and submit with your payment of \$200 for the Registration, Materials & Workbook Fees

ALL FEES AND TUITION ARE NON-REFUNDABLE

Karen's Castle Day School Registration

Nursery & Pre-K Programs Registration Form

Child's Full Name:





Please put an X on the days you would like to register your child.

Leave the other boxes blank.

2 Days Per Week		
Program	Tue	Thu
Half Day PM:		
12:30 PM – 4:30 PM		
Full Day:		
8:25 AM – 2:25 PM		
Extended Day:		
8:30 AM – 4:30 PM		
Extra Hours	Tue	Thu
7:30 Drop Off		
8:00 Drop Off		
5:00 Pick Up		
5:30 Pick Up		

3 Days Per Week			
Program	Mon	Wed	Fri
Half Day PM:			
12:30 PM – 4:30 PM			
Full Day:			
8:25 AM – 2:25 PM			
Extended Day:			
8:30 AM – 4:30 PM			
Extra Hours	Mon	Wed	Fri
7:30 Drop Off			
8:00 Drop Off			
5:00 Pick Up			
5:30 Pick Up			

5 Days Per Week					
Program	Mon	Tue	Wed	Thu	Fri
Half Day PM:					
12:30 PM – 4:30 PM					
Full Day:					
8:25 AM – 2:25 PM					
Extended Day:					
8:30 AM – 4:30 PM					
Extra Hours	Mon	Tue	Wed	Thu	Fri
7:30 Drop Off					
8:00 Drop Off					
5:00 Pick Up					
5:30 Pick Up					

Parents Full Name (print):	Amount Enclosed: \$
Parents Signature:	Date:

Please fill out this form completely and submit with your payment of \$200 for the Registration, Materials & Workbook Fees

ALL FEES AND TUITION ARE NON-REFUNDABLE

Permission to Administer Over-The-Counter Topical Ointments

Please circle "yes" or "no" for the ointments that you are giving permission for Karen's Castle and staff to apply on your child. A parent must supply the ointment in its original container/box and the directions must be legible.

You must write your child's first and last name on the medicine.

Please do not cover up the directions.

<u>Please do not leave any ointments or medicine in your child's backpack.</u> Please hand them to one of our staff members.

YES	NO	INSECT REPELLANT
YES	NO	SUNSCREEN
YES	NO	FIRST AID CREAM/SPRAY
YES	NO	TRIPLE ANTIBIOTIC OIINTMENT
YES	NO	ANTISEPTIC CREAM/SPRAY
YES	NO	BEE STING PADS
YES	NO	DIAPER CREAM
YES	NO	BURN CREAM
YES	NO	OTHER CREAM/OINTMENT (OCT ONLY)

I, give permission	give permission to Karen's Castle Inc. and staff to apply					
(Print parent's full name)						
topical over-the-counter medications to my child	, according to					
	(Print child's full name)					
label directions. This permission is in effect while	e my child attends Karen's Castle.					
•	•					
Parent's Signature	Date					

TO BE NOTARIZED

AUTHORIZATION TO CONSENT TO TREATMENT OF A MINOR

I,, th	ne parent of
(Full Name of Parent) authorize Karen Greene and Staff to obtain	re parent of
permission is given to any hospital or doctor	r to treat my child in case of emergency. Permission
for treatment will only be given if I cannot be	be contacted or if immediate treatment is warranted
at the discretion of the attending medical per	rson.
	Signed:(Parent/Legal Guardian)
	Date:
NOTARY SEAL:	
NAME OF INSURED:	
NAME OF INSURANCE COMPANY: _	
POLICY #:	

PLEASE PROVIDE A COPY OF YOUR INSURANCE CARD. (FRONT AND BACK)

OCFS-LDSS-0792 (08/2019) FRONT

NEW YORK STATE

				ILDREN AND FAMILY SERVARE ENROLLMENT			
		PROGRAM NAME:	ADDRESS	PHONE NUMBER			
C	PHOTO OF CHILD (Optional)	CHILD'S FULL NAME: PREFERRED NAME/NICKNAME CHILD'S HOME ADDRESS:	:		DATE OF BIRT	H: /	GENDER:
		NAME OF PERSON ENROLLING CHI	LD:	RELATIONSHIP TO CHILD: Parent Guardian G			
(NE NUMBER(S) OF PERS) - IL ADDRESS:	SON ENROLLING CHILD:	ok to text	ADDRESS OF PERSON ENROLL	ING CHILD (IF I	DIFFERENT TH	IAN CHILD):
	EMERGENCY (CONTACT NAMES / ADDRESSES	Authorized to Pick Up Child	PRIMARY PHONE NUMBER	OTHER	PHONE NUME	BER / EMAIL
INFO	PRIMARY CONTACT:		☐ Yes ☐ No	() - □ ok to text	()	- kt	
EMERGENCY INFO			☐ Yes ☐ No	() -	()	- kt	
E			☐ Yes ☐ No	() - □ ok to text	()	- kt	
	PROGRAM USE ONL OF ENROLLMENT:	Y / /	-	FOR PROGRAM USE ONLY DATE OF DISENROLLMENT:	1 1		
Che	LDSS-0792 (08/2019) REV D'S FULL NAME: eck boxes below to early Intervention/Specia	indicate if your child has any s	=	rvices: ☐ None eech/Language ☐ Physica	DATE OF BI	RTH: /	
	Allergies (Please list) Other						
		here AND discuss with your child car 'SICIAN'S NAME/ GROUP:	e provider.		PHC	ONE NUMBER:	
PRE	FERRED HOSPITAL:				PHO (ONE NUMBER:	
CHIL	D'S DENTAL CARE:				PHC (ONE NUMBER:	
		Child health care informati the NYS Health Marke		oy calling toll-free 1-800-69 https://nystateofhealth.ny.			
	REEMENTS consent to emergen	cy medical treatment for my child	l			C]Yes □ N
ι	ınder proper supervis	to take part in neighborhood tripsion				_]Yes □ N
r	elease of information	ram may need additional permiss				_]Yes □ N
• I	understand the prog	on my child's special needs to the ram must give parents, at the tim	ne of enrollment o	f a child, a written policy stat	tement as]Yes □ N]Yes □ N
•	agree to review and	update this information wheneve			ar		Yes N
SIGN	NATUKE – PAKENT OR PE	ERSON(S) LEGALLY RESPONSIBLE:			DAT	E: / /	

OFFICE OF CHILDREN AND FAMILY SERVICES

CHILD CARE EMPLOYEE, VOLUNTEER, PARENT, CHILD AND ESSENTIAL VISITORS HEALTH SCREENING ONE-TIME ATTESTATION

Before entering a child care program, employees, volunteers, parents, children and essential visitors must complete a health screening questionnaire daily. In addition, each employee, volunteer, parent, child and essential visitor must sign and submit this form to the program one time. Employees, volunteers, parents, children and essential visitors must answer all questions and take their temperature daily to confirm a body temperature lower than 100.0 degrees Fahrenheit. If anyone answers "Yes" to any of the questions below, they cannot enter the child care program. A parent or guardian is responsible for completing daily screening on behalf of their child(ren).

Self-Screening:

Below are the self-screening questions that employees, volunteers, parents, children and essential visitors are required to answer **daily**. If any of the answers to the below questions are "Yes," individuals **cannot** enter the program. If the answers are "No" to all the following questions, individuals may enter the program. If employees, volunteers, parents, children and essential visitors cannot take their temperature at home, but answer "No" to all other questions, they may report to the program to have their temperature taken on site.

- 1. Is your temperature higher than or equal to 100.0 degrees Fahrenheit?
- 2. Have you had any known contact with a person confirmed or suspected to have COVID-19 in the past 14 days?
- 3. Are you currently experiencing ANY of the following symptoms?
 - Cough (new or worsening)
 - Shortness of breath (new or worsening)
 - Trouble breathing (new or worsening)
 - o Fever
 - o Chills
 - Muscle pain (new or worsening)
 - Headache (new or worsening)
 - Sore throat (new or worsening)
 - New loss of taste
 - New loss of smell
- 4. Have you tested positive for COVID-19 through a diagnostic test in the past 14 days?

If you have answered "NO" to <u>all</u> questions, you have passed and may enter the program. If you have answered "YES" to <u>any</u> question, you will not be allowed to enter the program. **Attestation:** By signing this document, I agree that I will self-monitor these symptoms each day and report the outcome per the instructions above and will not enter any child care program if any of the above symptoms or conditions are present.

		/	1	
Signature	_	Date		
		/	1	
Signature		Data		

Note: This document must be signed and returned to the program prior to entry. A signed copy needs to be provided only once. The child care program must retain a copy for their records.

Both Parents Must Sign

NEW YORK STATE OFFICE OF CHILDREN AND FAMILY SERVICES

CHILD IN CARE MEDICAL STATEMENT

Name of Child:			Date of Birth:		Date of Ex	amination:
Immunizations requir	•	•				☐ Yes ☐ No
Medical Exemption T						
of the immunizations v exempt immunization(s		er lite or nealth.	Attach certific	cation specify	ing the	
·	1 st Date	2 nd Date	3 rd Date	4 th Da		5 th Date
Diphtheria, Tetanus and Pertussis (DPT) Diphtheria and Tetanus and acellular Pertussis (DTaP)	1" Date	2 rd Date	3° Date	4" Da	ate	5" Date
Polio (IPV or OPV)	1 st Date	2 nd Date	3 rd Date	4 th Da	ate	
Haemophilus influenzae type B (Hib)	1 st Date	2 nd Date	3 rd Date		ate OR 1 st Dat 15 months of	e (if given on or age)
Pnuemococcal Conjugate (PCV) for those born on or after 1/1/08)	1 st Date	2 nd Date	3 rd Date	4 th Da	ate	
	1 st Date	2 nd Date	3 rd Date			_
Hepatitis B						
Hepatitis B Measles, Mumps and Rubella (MMR)	1 st Date	2 nd Date				
Measles, Mumps and	1 st Date	2 nd Date				
Measles, Mumps and Rubella (MMR) Varicella (also known as	1 st Date	2 nd Date	ended vacc	ines of Rot	avirus, In	fluenza and He
Measles, Mumps and Rubella (MMR) Varicella (also known as Chicken Pox)	1 st Date	2 nd Date	ended vacc		avirus, In	fluenza and He
Measles, Mumps and Rubella (MMR) Varicella (also known as Chicken Pox) Other Immunizations	1 st Date	2 nd Date		nunization:	avirus, In	
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(Continued on reverse side)

OCFS-LDSS-4433 (Rev.5/2014) REVERSE

CHILD IN CARE MEDICAL STATEMENT (continued)

Health Specifics		Comments	
Are there allergies? (Specify)	☐ Yes ☐ No		
Is medication regularly taken? (Specify drug and condition)	☐ Yes ☐ No		
Is a special diet required? (Specify diet and condition)	☐ Yes ☐ No		
Are there any hearing, visual or dental conditions requiring special attention?	☐ Yes ☐ No		
Are there any medical or developmental conditions requiring special attention?	☐ Yes ☐ No		
Summary of Physical Exam Include special recommendations to chi	ld day care providers		
On the basis of my findings as indicated a that: he/she is free from contagious and coday care.			☐ Yes ☐ No
Signature of Examiner		Address	
Please Print Name		City, State, Zip	
Title		Phone	Date

Religious Exemptions

Public Health law Section 2164 allows a child to be religiously exempted from immunization. A written and signed statement from a parent, parents or guardian of the child stating that they object of the immunization of their child due to their sincere and genuine religious beliefs should be submitted to the day care owner, operator or administrator who shall determine whether the statement of religious belief is acceptable.

EMERGENCY NUMBERS

Child/Children's Name:
Mom's Full Name:
Work # (include ext.):
Cell Phone #:
Home #:
Address:
Email:
Dad's Full Name:
Work # (include ext.):
Cell Phone #:
Home #:
Address:
Email:
Emergency Contact (1) Full Name & Number:
Emergency Contact (2) Full Name & Number:
Pediatrician Full Name & Number:
Dentist Full Name & Number:
Child/Children's Birthday:
Allergies/Special Medical Needs:
How Did You First Hear About Karen's Castle?

<u>Please print clearly. Fill out every space. Fill in N/A when appropriate.</u>
<u>Please do not forget the area code.</u>

Supply List:

Please provide the following supplies:

- Backpack large enough to hold the following items:
- Soft Lunchbox (we recommend Packit Lunchboxes)
- 1 Plastic Folder with Pockets (to be left in backpack)
- A full change of clothes, head to toe including shoes

(please keep in your child's backpack at all times)

For Nappers:

- Crib Sheet
- Blanket for Napping

For Students in Diapers or Pull-ups:

- A Box of Wipes
- Diapers/Pull-ups (Childs first name on each diaper/pull-up)

For Half-Day AM (8:25 AM – 12:20 PM) & Full Day (8:25 AM – 2:25 PM):

• Please pack a non-spillable water bottle, a healthy lunch with utensils and napkins

For Half-Day PM (12:30 – 4:30):

• Please pack a healthy snack with utensils, napkins & a non-spillable water bottle.

For Extended Day (8:30 AM - 4:30 PM)

• Please pack a non-spillable water bottle, a healthy snack & a healthy lunch with utensils and napkins

For After-School Students:

• Please pack a healthy snack with utensils, napkins & a non-spillable water bottle

Please write your child's first and last name on their water bottle and ALL containers

Karen's Castle References

Karen & John Rebecchi Student: Jackson (845) 642 – 4509

Kristen & Christian Wagner Students: Maddie & Emma (516) 671 – 0721

Jack & Linda Yao Students: Preston & Kendall Dad: (646) 261-6566 Mom: (917) 574- 2233 Cheryl & Rob Brown Student: Thomas (631) 885 – 0199

Michaela & John Morales Students: Aubrey & Ronan (516) 532 – 4789

Diana & Edward Rhodes Students: Lexi & Richie (516) 671 – 5740

Steve & Jenn Haussel Student: Sabrina (516) 801 – 1228



ALLERGY & CHOKING HAZARD ALERT!

The following items are **NOT** allowed in school. There are **NO** exceptions.

- Peanuts
- Tree Nuts
- Coconuts
- Poppy Seeds
- Sesame Seeds
- Eggs
- Avocados
- Shrimp

- Marshmallow
- Candy
- Celery
- Hard Carrots
- Small Tomatoes
- Raisins
- Yogurt Covered Raisins
- Popcorn
- Grapes

If an item says that it's made in a nut factory, **DON'T** send it.

If it says may contain nuts, **DON'T** send it.

Thank you 😊



Karen's Castle Day School 2021-2022 School Calendar



September 2021							
Su	M	Tu	W	Th	F	S	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

	October 2021								
Su	M	Tu	W	Th	F	S			
					1	2			
3	4	5	6	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	25	26	27	28	29	30			
31									

	November 2021							
Su	M	Tu	W	Th	F	S		
	1	2	3	4	5	6		
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30						

	December 2021								
Su	M	Tu	W	Th	F	S			
			1	2	3	4			
5	6	7	8	9	10	11			
12	13	14	15	16	17	18			
19	20	21	22	23	24	25			
26	27	28	29	30	31				

	January 2022								
Su	M	Tu	W	Th	F	S			
						1			
2	3	4	5	6	7	8			
9	10	11	12	13	14	15			
16	17	18	19	20	21	22			
23	24	25	26	27	28	29			
30	31								

February 2022								
Su	M	Tu	W	Th	F	S		
		1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28							

	March 2022							
Su	M	Tu	W	Th	F	S		
		1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30	31				

April 2022								
Su	M	Tu	W	Th	F	S		
					1	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

May 2022								
Su	M	Tu	W	Th	F	S		
1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31						

June 2022								
Su	M	Tu	W	Th	F	S		
			1	2	3	4		
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30				

July 2022								
Su	M	Tu	W	Th	F	S		
					1	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		
31								

	August 2022							
Su	M	Tu	W	Th	F	S		
	1	2	3	4	5	6		
7	8	9	10	11	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30	31	1	2			

2021

September 6th – School Closed September 7th – 1st Day of School October 11th – School Closed November 11th – School Closed November 25th & 26th – School Closed December 24th-28th – School Closed

December 31st – School Closed

<u>2022</u>

January 17th – School Closed February 21st – School Closed April 15th-18th – School Closed May 30th – School Closed June 24th – Last Day of School

Summer Camp 2022

June 27th – Camp Starts July 4th – Camp Closed Sept. 2nd – Last Day of Camp

GUIDELINES FOR EXCLUSION OF SICK CHILDREN FROM CHILD CARE

- 1. Signs of possible moderate or severe illness: unusual lethargy, irritability, persistent crying, difficulty breathing, and/or inability to function in a group setting.
- 2. A child exhibiting fever of >100°F axillary or >101°F orally should be excluded for a minimum of 24 hours.
- 3. Persistent, frequent cough that interferes with the child's activities.
- 4. Diarrhea defined as an increase in the number of stools, compared with the child's normal pattern with increased stool water and/or decreased form (diarrhea that cannot be contained within diapers or toilet use).
- 5. Effortful vomiting, unless the vomiting is determined to be non-disease related and the child is not in danger of dehydration.
- 6. Rash with fever or behavior change; or a rash that is possibly infectious.
- 7. Chicken pox 6 days after onset of rash or until all lesions have dried and crusted. Children who receive the chicken pox vaccine should not be excluded unless they develop a rash. Rashes can develop up to 6 weeks after a child receives the vaccine. Rashes from the vaccine usually disappear sooner (within 1-2 days).
- 8. Strep throat/scarlet fever until 24hrs. after treatment has been initiated.
- 9. Impetigo until 24hrs after treatment has been initiated.
- 10. Ringworm (head, body, genitals, or feet infection) until 24hrs. after treatment has been initiated.
- 11. Scabies/head lice allowed to return to child care the morning after their first treatment.
- 12. Purulent conjunctivitis ("pink eye") defined as pink or red conjunctiva with white or yellow eye discharge, often with matted eyelid after sleep; including a child with eye pain or redness or the eyelid or skin surrounding the eye until 24hrs. after treatment has been initiated.
- 13. Mouth sores associated with an inability of the child to control his/her saliva.
- 14. Failure to comply with New York State Immunization Laws.
- 15. A doctor's note is required to clear and permit the child to return to school.



Tips for Avoiding Your Allergen

- All FDA-regulated manufactured food products that contain a "major food allergen" (milk, wheat, egg, peanuts, tree
 nuts, fish, crustacean shellfish, and soy) as an ingredient are required by U.S. law to list that allergen on the product
 label. For tree nuts, fish and crustacean shellfish, the specific type of nut or fish must be listed.
- Read all product labels carefully before purchasing and consuming any item.
- Be aware of unexpected sources of allergens, such as the ingredients listed below.
- *Note: This list does not imply that the allergen is always present in these foods; it is intended to serve as a reminder
 to always read the label and ask questions about ingredients.



For a Peanut-Free Diet

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts goobers nut meat beer nuts ground nuts peanut butter cold pressed, expeller pressed, or extruded peanut oil nut pieces nut meat peanut flour peanut flour peanut protein nut pieces hydrolysate

Peanut is sometimes found in the following:

African, Asian
(especially
Chinese, Indian,
Indonesian, Thai,
and Vietnamese), and
Mexican dishes

baked goods (e.g., pastries, cookies) candy (including chocolate candy) chili enchilada sauce marzipan mole sauce nougat

Keep the following in mind:

· Mandelonas are peanuts soaked in almond flavoring.

egg rolls

- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine.
- · Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.



For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:

albumin (also spelled albumen) egg (dried, powdered, solids, white, yolk) eggnog globulin livetin lysozyme mayonnaise meringue (meringue powder) surimi vitellin words starting with "ovo" or "ova" (such as ovalbumin)

Egg is sometimes found in the following:

baked goods breaded items drink foam (alcoholic, specialty coffee) egg substitutes fried rice ice cream lecithin marzipan marshmallows meatloaf or meatballs nougat pasta

Keep the following in mind:

- Individuals with egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken egg.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.



For a Tree-Nut-Free Diet

Avoid foods that contain nuts or any of these ingredients:

almond
artificial nuts
beechnut
Brazil nut
butternut
cashew
chestnut
chinquapin nut
coconut*
filbert/hazelnut
gianduja (a chocolatenut mixture)
ginkgo nut

hickory nut
litchi/lichee/lychee nut
macadamia nut
marzipan/almond paste
Nangai nut
natural nut extract
(e.g., almond, walnut)
nut butters (e.g.,
cashew butter)
nut meal
nut meat
nut paste (e.g., almond
paste)

nut pieces
t pecan
pesto
te pili nut
pine nut (also referred
to as Indian, pignoli,
pigñolia, pignon,
piñon, and pinyon
nut)
pistachio
praline
the shea nut
walnut

Tree nuts are sometimes found in the following:

black walnut hull extract (flavoring) natural nut extract nut distillates/alcoholic extracts nut oils (e.g., walnut oil, almond oil)

walnut hull extract (flavoring)

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- * Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.