

Meramec Valley R-III

126 N. Payne Street
Pacific, Missouri 63069

636-271-1400 Fax: 636-271-1406

Mr. Randy George, Superintendent
Mrs. Terri Parks, Assistant Superintendent
Dr. Jeremy Way, Assistant Superintendent
Ms. Joel Cracchiolo, Business Manager

Barb Heger, RN
District Health Coordinator
636-271-1439 Fax 636-271-1490

August, 2015

Dear Parents,

Keeping your kids safe and healthy at school is a top priority! We are always looking for ways to accomplish and improve upon this goal. Chartwell's, our food service provider, will be introducing a new protein source this school year... sunflower butter!

Sunflower butter is similar to peanut butter in texture and use. It is a good source of protein – 7grams per serving – and can be used on sandwiches and in recipes. According to FARE, (*Food Allergy Research and Education*), sunflower seeds are just that; seeds, and not nuts. They are not related to peanuts or tree nuts. Frequently, people with nut allergies are told to avoid sunflower seeds because in many cases items with sunflower seeds are processed in facilities that also handle nuts. This new product is specifically labeled as being made in a “peanut and tree nut-free” facility. If your child has a peanut and/or tree-nut allergy, they should be able to eat this product without problems.

Sunflower butter is the leading peanut and tree nut-free alternative to peanut butter, and is a favorite with families and schools. It is used in thousands of schools in all 50 states. It is made from sunflower seeds, and is peanut and tree nut-free!

There may be some confusion initially, as this product looks like peanut butter, but we are excited to be able to offer this protein source to our students and wanted you to know that this is happening. Please feel free to call me if you have any questions, and I hope that your student will enjoy this new addition to their food choices!

Sincerely,

Barb Heger, RN
District Health Coordinator

