

CBE Food Allergy and Celiac Disease Awareness and Safety Policy

Guiding values:

Pikuach Nefesh – Saving Life

Kol Yisrael Arevim Zeh baZeh – All Jews are Responsible for Each Other

Hachnasat Orchim – Welcoming Guests

Shalom Bayit – Peace in the House

Saving life is the value we prioritized in this policy, which aims to reduce contact with nuts and gluten for our members who have allergies or celiac disease. We also highly valued the importance of welcoming members and guests with safe foods.

Rationale for policy:

Food allergies and Celiac Disease are prevalent in our CBE community, reflective of the general population. Ingestion of allergens can cause serious reactions, including gastrointestinal, respiratory, and cardiac compromise. For those with food allergies or Celiac Disease, even an unseen contact exposure can cause a serious reaction. Food allergy reaction can lead to death from anaphylactic shock; in Celiac Disease, extended illness can result from exposure.

At CBE, we welcome individuals with a variety of dietary needs. This policy allows members with food allergies to participate more fully in Jewish life at CBE.

Food is an important and enriching part of Jewish tradition and it plays an integral role in congregational life. In an attempt to make CBE a safer and more inclusive place for all our members, we propose the following policy:

Policy statement:

CBE is a **NUT-AWARE** (peanut and tree nut) organization. For members with a variety of food allergies and celiac disease CBE will provide alternative options.

Policy:

While CBE will make every effort to provide alternatives for those with food allergies, congregants with food allergies are reminded that their level of sensitivity may require stricter precautions than the congregation is able to ensure. Mistakes can happen. Individuals must remain vigilant for their own safety. Parents are ultimately responsible for the safety of their children at all events in which parents are expected to be present. We ask that adults with food allergies or parents of children with food allergies check that foods are safe prior to consuming.

Rules for the CBE building:

- a. **No peanuts or tree nuts are to be brought into the CBE building.** **HOMEMADE** foods are permitted as long as peanuts and tree nuts are not **INGREDIENTS**. **See Appendix A for FAQ'S**
- b. **A variety of individually-wrapped prepackaged foods or packaged foods served in their original package, free of the nine most common food allergens** (milk, eggs, soy, sesame, peanuts, tree nuts, wheat, gluten, fish) **will be supplied by CBE. (see Appendix C for examples).** Only food items with clearly labeled ingredients will be provided. The CBE kitchen manager will be responsible for maintaining this supply. We welcome suggestions from those with allergies as well as from the parents of children who have food allergies.
- c. This policy is complementary to the CBE Kashrut Policy. Shellfish is not allowed at CBE under the Kashrut Policy. However, we have chosen to include this common allergen [in brackets] for safety purposes.
- d. CBE event planners, in coordination with the synagogue administrator, will provide a designated, clearly labeled table for allergen free refreshments. Every effort will be made to have the allergy free table be decorated in the same manner as the other tables for the event.
- e. Plan to have at least two tables set up: one or more large tables for general use; and one small table with allergy-free and/or gluten-free foods. **See Appendix B for GF food labels.**
- f. The Rabbi or Hospitality representative will make an announcement at the beginning of services/events asking that members with food allergies or celiac disease identify themselves to an event planner/hospitality person as soon as possible when attending an event so that any allergen free frozen foods will have time to defrost.
- g. Food prepared at congregants' homes or restaurants for potlucks or other gatherings may be used, as long as they do not contain nuts. These items will not be placed on the allergy/ celiac disease friendly table. It is best practice to label food with common allergens (milk, eggs, fish, soy, wheat, [shellfish], and sesame) even on the general food table.
- h. Clean-up:
 - i. Wipe down used tables with soap and water.
 - ii. All non-consumed food items are to be discarded or brought home after the event (carry-in, carry-out). Do not leave items in the refrigerator, freezer, or kitchen counters.

Policy for CBE events taking place outside of our building:

Event planners using off-site locations (congregants' homes, restaurants, etc.) are not expected to comply with this policy due to practical considerations. However, in the spirit of the policy, event planners should approach food allergies in a way that is as safe and welcoming as possible.

Implementation:

1. The policy, along with the appendices, will be available in print and electronic form for all event planners, including for onegs, Saturday Kiddushes and for Sisterhood, Brotherhood, Religious School, B'nai Mitzvah and all other synagogue events involving food.
2. The kitchen manager and synagogue administrator will ensure that all event planners, including oneg hosts, are trained in how to implement this policy.
3. This policy will be added to the information that b'nai mitzvah families receive.

APPENDIX A: FAQ'S

Question	Answer
What is a peanut or tree nut?	Peanuts, almonds, Brazil nuts, cashews, hazelnuts, pecans, pistachios, walnuts
What foods are not really nuts (and ok to bring)?	Seeds (sesame, sunflower, pumpkin) Other misnomers: coconut, nutmeg, water chestnut, shea nut
Can we bring in HOMEMADE foods without peanuts or tree nuts if our home isn't nut-free?	YES, BUT do not place on allergy-friendly table

APPENDIX B: FOOD LABELS FOR GLUTEN FREE FOODS



APPENDIX C: ALLERGY-FRIENDLY FOODS (For Saturday Kiddush- to be provided by Host family)

For Gluten Free:

1. Sisterhood will order gluten-free (GF) challah rolls-- these can be found in the freezer. They will be placed on a gluten-free/allergy-friendly table.
2. Trader Joe's is an excellent place to purchase gluten-free (GF) foods. They have a GF list and if there are any questions about a product they will call the company while you wait. Some products which one might think are acceptable are not GF. For instance, many of the "flavors" of humus are not GF, but there are three types at Trader Joe's that are specifically marked GF.
3. All the products by Schar (an Italian, German company), Enjoy Life, and Katz Bakery are safe.
4. Roche Bros. has a variety of gluten-free, vegan, dairy, and soy free products in the bakery dept. *

For Nut-Free:

1. The kitchen head will keep a supply of single-serve, allergy-friendly items to be used at onegs as well as other events with advance permission.
2. School-Safe brand



3. Fancypants Baking Company



4. Roche Bros. has Vegan and nut free baked products. *

***SNACKS WITHOUT ALLERGENS (Gluten, dairy, nuts, eggs, soy)
available at Roche Bros.**

ITEM	Gluten Free	Dairy Free	Nut Free	Egg Free	Soy Free	Vegan
Ethel's Baking Company - Raspberry Crumble individually wrapped Bars)	X					
Lucky Spoon Bakery - Cinnamon Streusel Muffins and Lemonicious Poppy Seed	X					
FREEDOM Doughnut minis	X	X	X		X	
Divvies Cookies - Sugar Lemon, Sugar, Brownie		X	X	X		X
Abe's Lemon Poppy and Blueberry Muffins		X	X	X	X	X