

## **NUT FREE CLASS ROOM SNACKS**

Due to having students in the classroom with severe nut allergies, our classroom has been chosen to adopt a nut-free-policy for snacks. Nut allergies can cause a life-threatening anaphylactic reaction if a susceptible child comes in contact with a product containing nut ingredients, or that is processed in a facility where cross-contamination can occur. By adopting this policy, the chances of an accidental exposure are significantly reduced. Please help us to make the classroom a safe and healthy place by only sending in snacks from the approved list.

On this list, it is important to notice that certain flavors are excluded; this is because it is made in an area of the manufacturing plant where contamination is possible or it hasn't been verified. If there is an item you would like to bring to class, and you think it is nut free but not on the list; submit the product to the school nurse for approval. Once the item is approved, added and posted, it may be brought in to the classroom.

Important: Due to continual changes in manufacturer packaging, please read the ingredient label of all snacks, including those on this list to ensure it doesn't contain any of the following: Peanuts/nuts, peanut/nut butter, peanut oil, peanut/nut flour, peanut/nut meal, or any variety of the statements, "contains peanuts", "may contain traces of peanuts/nuts", or "manufactured in a facility or on equipment that also processes peanuts (and/or other nuts)".

**NO HOMEMADE SNACKS OR TREATS ALLOWED.** This is an important health and safety issue and **MUST** be followed. Any homemade items that are mistakenly sent in will be held in the office and sent home with the child that brought them.

Please Note: The preference of the school is whole foods (fruits, vegetables, etc.). This makes snack identification easier for the teachers.

**Whole fruits:** apples, oranges, pears, bananas, berries, plums, unsweetened applesauce, grapes, strawberries, peaches, pineapple, melon, dole fruit bowls, Del Monte Fruit-to-go Cups, applesauce cups

**Dried fruits:** Craisins, dried apricots, dried figs, dates, dried mango, dried cherries, dried blueberries etc. (Sunsweet, Muirglen and Ocean Spray brands), Annie's brand –Bunny Fruit Snacks

**Vegetables:** Sugar snap peas, carrots, broccoli or cauliflower florets, celery sticks, cucumber slices, green/red/yellow/orange pepper strips, cherry tomatoes, edamame, zucchini slices, etc.

**Dips:** Hidden Valley Ranch Dressing and Tribe Hummus

**Dairy:** String cheese, cheese cubes, cheese slices, yogurt (Stonyfield Farm, Yoplait, Dannon). Do not send yogurt with granola added.

**Cookies:** Nilla Wafers, Oreos – Original and Golden only, Teddy Grahams – chocolate, cinnamon & honey, Nabisco- Barnum animal crackers, Fig Newtons, Rice Krispie Treats – PLAIN ONLY, Annie's-Friends Bunny Grahams snack bags, ALL the ENJOY LIFE cookies (free of the top 8 allergens).

**Crackers:**

- Annie's Cheddar or White Cheddar Bunnie
- Cheese Nips – Cheddar, Reduced Fat Cheddar
- Cheez-It -- Original, Reduced Fat, White Cheddar, Scrabble Junior, Cheddar Jack, Whole Grain
- Goldfish -- Baby Cheddar, Cheddar, Colors, Parmesan, Whole Grain, Pretzel
- Kashi TLC
- Keebler Graham -- Original, Cinnamon, Honey
- Keebler Scooby-Doo Graham Cracker Sticks -- Honey, Cinnamon
- Nabisco Animal Crackers
- Nabisco Grahams – Original
- Nabisco Honey Maid -- Honey, Low Fat, Cinnamon
- Nabisco Premium Oyster Crackers
- Ritz crackers – Whole Wheat or Original (not minis or sandwiches)
- Saltines -- Nabisco or Sunshine brand
- Town House -- Original, Wheat, Reduced Fat
- Tree of Life Crackers
- Triscuit – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Minis
- Wheat Thins – Original, Reduced Fat, Hint of Salt, Ranch, Whole Grain, Garden Herb

**Popcorn:** American Farmer -- Original, Sweet & Salty, Smartfood popcorn, Pop Secret, Orville Redenbacher, Healthy Choice

**Pretzels:** Rold Gold pretzel products (not chocolate-covered), Annie's Pretzel Bunnies, Utz brand, Bachman brand, Snyder's 100 calorie pack of mini pretzels

**Chips:** Sun Chips, Terra Exotic Vegetable Chips-Original, Sweet Potato; Pirate's Booty-all flavors, Good Health brand Veggie chips, Pringles -- Original, Reduced Fat, Snikiddy –Baked Fries/ Cheese puffs/ Veggie Chips, Tostitos, Potato Soy Crisps, Gensoy Soy Crisps

**Rice Snacks:** Quaker Quakes Rice Snacks—Caramel Corn, Ranch, Sea Salt, Cheddar Cheese , Sour Cream & Onion, Lundberg Organic Rice Cakes—Rice with Popcorn, Brown Rice, Mochi Sweet, Sweet Green Tea

**Bars:** Nutri Grain Bars (blueberry, strawberry, apple cinnamon, raspberry, cherry, blackberry), Special K Bars (blueberry, strawberry, vanilla crisp), Enjoy Life Chewy Bars (This brand is free of the 8 most common allergens), Cascadian Organic Chocolate Chip Granola Bars