



Dear Parent/Guardian,

This letter is to inform you that many children in our school have life threatening peanut/nut allergies. Strict avoidance of peanut/nut products is the only way to prevent a life threatening allergic reaction. We are asking your assistance in providing these students with a safe learning environment

If exposed to peanuts/nuts the student may develop a life threatening allergic reaction that requires emergency medical treatment. The greatest potential for exposure at school is to peanut products and nut products. To reduce the risk of exposure, the classroom will be peanut/nut free. Please do not send any peanut or nut containing products for your child to eat during snack in the classroom. Any exposure to peanuts or nuts through contact or ingestion can cause a severe reaction. We have attached an approved food list with safe items that may be sent into school. If your child has eaten peanuts or nuts prior to coming to school, please be sure your child's hands have been thoroughly washed prior to entering school.

Since lunch is eaten in the cafeteria, your child may bring peanut butter, peanut or nut products for lunch. In the cafeteria there will be a designated peanut-free table and any classmate who purchases a school lunch may sit. If your child sits at this table with a lunch from home s/he will be asked to move to another table.

This plan will help to maintain safety in the classroom while allowing nonallergic classmates to enjoy peanut/nut products in the controlled environment. Furthermore, to ensure the safety and wellness of all students, the school will be encouraging classroom celebrations to be **nonfood** celebrations.

If you have any questions, please contact the nurse's office (ext. 360). Thank you for your cooperation in this matter.

**Catherine Alix RN**  
**Marylee Mutrie RN**  
**Elizabeth Strojny RN**

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**SAFE SNACK LIST**  
**PLEASE READ ALL LABELS CAREFULLY**

**\*\*This list is subject to change\*\***

Parents are encouraged to send in foods high in nutritional value that will provide “fuel” for effective learning.

**Fruits and Vegetables:**

All

Stop and Shop, DelMonte and Motts applesauce

**Dairy:**

Yogurt

Cheese / String cheese/ cottage cheese Kraft pudding chocolate and vanilla

Hunts pudding chocolate, vanilla, milk chocolate and swirl Nabisco Jell-O pudding, vanilla and chocolate, and strawberry

**Cookies/ Crackers: Baked items:**

Keebler: Entenmann’s Cereal Bites and blueberry muffins

Club crackers Quacker fruit and oatmeal bars and bites

Vanilla Wafers Kellogg’s Nutri Grain

Grahams, chocolate, cinnamon Kellogg’s Rice Krispies treats

Town House crackers

**Chips:**

Keebler / Sunshine Oyster crackers Frito Lay Baked or Low Fat

Kraft: Backman Pretzel Sticks

Handi snacks crackers and cheese

Boston’s Buttered Popcorn

Pretzels and cheese Baked or Low Fat Wise brand chips

Bread sticks and cheese Reduced Fat Cape Cod Chips

Nabisco: Pringles

Air Crisps, Plain Ritz, Vegetable Thins Buttered Pop Corn: Animal crackers Pop Secret

Better Cheddars Stop and Shop

Teddy Grahams all flavors

Orville Redenbachers

Newton’s all flavors

Rolled Gold Pretzels

Triscuits

Smart Food Popcorn

Wheat thins

Nabisco / Sunshine Cheezits,

Wheatables Pepperidge Farm

Goldfish

**Quaker:**

Crispums apple/cinnamon

Cinnamon and sugar

**Additional Items:**

Kashi Cereals:

Honey Crunch Mighty Bites Cinnamon Mighty Bars Heart to Heart

Organic Promise Cinnamon Bites

Organic Promise Autumn Wheat

Robert’s American Gourmet Snacks

Sunbutter Products



**Fruits and Vegetables make great, healthy snacks. All fruits and vegetables are permitted; below is a list of choices that are most popular with kids.**



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- Apples, whole or sliced (sprinkle some lemon juice on cut apples to avoid browning before snack time)
  - Apple sauce
  - Apricots, fresh or dried
  - Bananas
  - Blueberries
  - Cantaloupe, sliced or cubed
  - Cherries
  - Clementines: kids love them and they're easier to peel than oranges
  - Cranberries, dried
  - Dates
  - Figs
  - Grapefruit, segments
  - Grapes, sliced in half for younger children
  - Kiwifruit, slices or cut in half to be scooped out with a spoon
  - Mandarin Oranges, canned or packaged
  - Oranges, wedges or segments
  - Papaya
  - Peaches, whole, sliced (toss with lemon juice to prevent browning), canned or jarred in juice
  - Pears, whole, sliced (toss with lemon juice to prevent browning), canned or jarred in juice
  - Pineapple, slices or chunks, or canned in juice
  - Plums
  - Pomegranate seeds
  - Prunes
  - Raisins
  - Raspberries
  - Strawberries
  - Watermelon cubes



## Vegetables

*Leftover vegetables from dinner can be a quick and easy snack to pack. Below is a list of some of the more popular vegetables among kids:*

Asparagus spears

Avocados (press cling wrap on cut avocado to prevent browning)

Beets - oven-roasted beets are deliciously sweet and leftovers make a great snack Bell peppers, chunks or strips

Broccoli

Carrots - baby carrots, carrot sticks, carrot coins, or peeled whole carrots Cauliflower

Celery

Cucumbers, slices or sticks Edamame, in pods or shelled Green beans

Green peas

Lettuce

Mushrooms Olives

Spinach leaves Sugar

snap peas

Summer squash, slices or sticks Sweet potatoes, mashed

Tomatoes, sliced, or cherry or grape tomatoes Winter squash, baked or roasted and cubed Yams

*Many of the above vegetables are great when eaten with an accompanying dip, including:*

Cream Cheese

Guacamole

Hummus

Baba ganoush

Ranch dressing

Salsa

White bean dip

### Power Combos

*Combinations of healthy food can add interest and excitement to snack time. When possible, let your child help in the preparation if they show interest.*

- Fruit salad: mixed sliced fruit and berries into plain or flavored yogurt
- Steamed or roasted asparagus spears wrapped with ham, turkey or prosciutto
- “Ants on a log” -- spread cream cheese on celery sticks, top with raisins
- Spinach salad with strawberries
- “Witches Fingers”: cut string cheese in half, place a bit of cream cheese on one tip of each half. Cut small pieces of bell pepper and place on cream cheese to resemble “fingernails”
- Pinwheel rollups: place a slice of cheese on a slice of lunch meat, roll up and slice into pinwheels. Secure with toothpick.
- Fruit kebobs: alternate pineapple, strawberries and grapes (or any other fruit combination) on toothpicks or skewers. Serve with yogurt dip.
- Cheese and crackers: choose crackers from the safe snack list