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# Acceptable Treats for Roosevelt Students

Every year we are seeing more students who have severe food allergies. These allergies are very serious and can be fatal. In order for us to keep all of our students safe, below is a list of foods that can be brought in for holiday parties and birthdays. *These are the only treats that we will accept. If you have questions about a food or snack please contact Mrs. Palmer prior to purchasing or bringing your treat to the school.* If items other than those on the list are sent in, we will return them to the student to bring home. *We will not accept any home baked / prepared items or store bakery items that are not commercially sealed due to the possibility of exposure to allergens or cross contamination.* Thank you for your attention to this matter.

# Peanut and Tree Nut Free Snack Suggestion List

When choosing a peanut free snack for your child's class, it is important to **ALWAYS** check the label on the package to make sure it is free of peanuts and nuts of all kinds. This list is only to serve as a resource. It is in no way complete and is subject to manufacturer recalls and mislabeling. Manufacturers may have changed their equipment or product line and method since you last purchased an item from this sheet.

READING LABELS: Some manufacturers clearly state if a product has peanut or nuts in it while others, it is almost hidden. **PLEASE READ THE LABELS**, each time you purchase. Do not purchase items with the allergy and ingredient alert such as:

#### "May Contain Peanut or Tree Nuts"

#### "Processed on shared equipment with Peanuts and Tree Nuts"

#### "Manufactured in a plant with Peanut or Tree Nuts"

#### "Contains Peanut or Tree Nut Ingredients"

Thank you for taking the time to read the labels and discussing the topic of "safe snacks" with your child! Your diligence is keeping an allergic child safe at school.

### Fruit or Veggies

Fresh veggiesFresh fruit (no strawberries due to allergies)Applesauce cupsRaisins (plain, not yogurt or chocolate covered)Mandarin orange cupsPear or peaches cupsFruit snacks (Betty Crocker Brand, Target, Annie's Organic or Meijer Brand only)NOT KELLOGG

### **Dairy Snacks**

Danimals, Go-gurts, Trix yogurt String cheese (Sargento or Meijer Brand) Kraft Cubes or sliced cheese Sargento Mootown Snacks (cheese and pretzels, cheese and crackers, cheese and sticks)

# Candy / Sweets

Air-HeadsDum Dum SuckersHershey Kisses (milk chocolate only)Junior MintsKraft MarshmallowsLaffy TaffyLife Saver GummiesMike & IkesSkittlesSmartiesStarburstTootsie PopsTootsie RollsTwizzlersTootsie Pops

## **Special Treats**

Pizza - McDonald Ianazone's Pizza is nut free. Please ask if purchasing elsewhere. Cocca's Pizza uses peanut oil in their fryers. Chance of cross contamination. Hotdogs - Bar S Classic Franks

### Annies Organic

Organic Bunny Cheddar Crackers Organic Traditional Snack Mixx Bunnies Organic Whole Wheat Bunny Crackers Organic Sour Cream and Onion Bunnies Organic Bunny Grahams

# Iello Gelatin and I

Pudding / Jello

Orville Redenbacher

<u>Popcorn</u>

Pop Secret

Jolly Time

Jello Gelatin and Pudding Cups Hunts Pudding Kraft Handi-Snacks Pudding Cups

## <u>Chips</u>

Cheetos, Fritos, Tostitos, Doritos, Lays Potato Chips (Ruffles, BBQ, Plain), Rold Gold Pretzels (rods, twists, cheddar)

### Cereal / Bar

Nutra-Grain Bars (apple, cherry, raspberry, blueberry) Rice Crispy Treats (pre-packaged) Alpha Bits Cheerios (regular, fruity, apple cinnamon, frosted) Pop Tarts Apple Jacks Lucky Charms Trix Corn Pops Cocoa Puffs Cinnamon Toast Crunch Cookie Crisp

# <u>Cold Treats</u>

Icee-Squeeze Tubes

Flavor Ice Tubes

Minute Maid Frozen Lemonade

### Crackers / Cookies

Teddy Grahams (cinnamon, chocolate chip, honey, chocolate) Honey Maid Graham Crackers (chocolate, cinnamon, honey) Ritz Crackers (not Ritz Bits) Vanilla Wafers (golden, mini) Scooby Doo Graham Crackers Goldfish Crackers (original, colors, cheddar, pretzel, giant) Nabisco Oreo Golden (yellow package) Lorna Doones Cheese Nips Barnum Animal Crackers Ritz Chips (original, cheddar) Elf Grahams (honey, cinnamon) 5 Pack Cheese and Pretzel Dip Nabisco Oreo (blue pack only - check ingredients) Rice Crispy Treats (pre-packaged) Keebler Vanilla or Rainbow Wafers