

Dear Parents/Guardians,

In an effort to keep our students safe and healthy, only **pre-packaged foods** from this list will be used to celebrate birthdays or holiday celebrations. There are specific brands to choose from because at present they are considered safe from nut products (all items can be found in your local supermarkets). The foods listed below may contain other allergens such as soy or wheat. Any foods brought in that are not on this list may not be used and will be returned (this includes any home-made items). Teachers will receive a copy of this list to refer to.

Parents of students with food allergies are required to sign a permission slip granting their child permission to consume the foods listed below (will be sent home once the nurse is notified of your child’s allergy). Exceptions may be specified on the permission slip. If students do not have permission to consume the foods listed below or there are limitations, parents could supply a “party box” with acceptable healthy treats for their child with allergies.

**BIRTHDAY SNACK LIST**

<p style="text-align: center;"><b><u>FRUITS</u></b></p> <ul style="list-style-type: none"> <li>• Fresh Fruit- must be prepackaged and sealed from the store</li> <li>• Dole Fruit bowls</li> <li>• Del Monte fruit to go cups</li> <li>• Sun-Maid Raisins</li> <li>• Fruit juice</li> </ul>	<p style="text-align: center;"><b><u>VEGETABLES</u></b></p> <ul style="list-style-type: none"> <li>• Veggies and dip: (carrots, celery, broccoli, cauliflower, cucumbers, peppers, squash, snow peas, tomatoes (grape type))</li> <li>• Dip: Hidden Valley or Wishbone Ranch LOW FAT dressing</li> <li>• Tostitos: salsa</li> </ul>
<p style="text-align: center;"><b><u>CRACKERS</u></b></p> <ul style="list-style-type: none"> <li>• Frito Lay – sun chips</li> <li>• Honey Maid – cinnamon grahams and sticks, Honey Grahams and sticks</li> <li>• Nabisco – Teddy Grahams, Nutri Grain bars (soft bake only)</li> <li>• Keebler – Wheatables, Town House crackers, vanilla wafers</li> <li>• Nabisco – graham crackers, saltines, Ritz crackers, Triscuits, vanilla wafers, wheat thins</li> <li>• Pepperidge Farms – gold Fish</li> <li>• Sunshine – Cheese Its</li> </ul>	<p style="text-align: center;"><b><u>SALTY SNACKS</u></b></p> <ul style="list-style-type: none"> <li>• Rold Gold (cannot be dipped) or Bachman Pretzels</li> <li>• Baked Lays Potato chips (regular, BBQ, sour cream &amp; onion)</li> <li>• Stacy's Pita Chips Simply Naked All Natural</li> <li>• Pirate Brands Pirate's Booty Aged White Cheddar All Natural</li> <li>• Pirate Brands Pirate's Booty Veggie All Natural</li> <li>• Tostitos tortilla chips</li> <li>• Skinny Pop Popcorn</li> <li>• Smart Food Popcorn (White Cheddar or Movie Theater Butter ONLY)</li> <li>• Trader Joes Kettle Corn</li> <li>• Frito’s Brand Original Corn Chips</li> </ul>
<p style="text-align: center;"><b><u>Miscellaneous</u></b></p> <ul style="list-style-type: none"> <li>• Cheese – string cheese, cheese cubes</li> <li>• Hunt’s vanilla &amp; chocolate pudding</li> <li>• Jell-O vanilla and chocolate pudding</li> <li>• Kraft – vanilla and chocolate pudding</li> <li>• Yogurt (not soy brands)</li> <li>• Danimals Yogurt smoothie drinks</li> <li>• Sabra Hummus classic</li> <li>• Thomas Bagels plain mini bagels pre-sliced with butter +/- cream cheese (to be coordinated with teacher)</li> </ul>	<p style="text-align: center;"><b>HOLIDAY CELEBRATION LIST ON THE BACK</b></p>

**Sweet Treats for Holiday Celebrations ONLY**

**(Halloween Party, Winter Holiday Party, End of year party)**

- Hostess Cupcakes, Donettes, Ding Dongs
- Hostess Twinkies or Chocolate Twinkies
- Sara Lee Chocolate Crème Cupcakes
- Sara Lee Party Sprinkled Iced Brownies
- Sara Lee Crumb Cakes, Iced Sprinkled Party Cakes
- Entenmann's Little Bites Muffins (Except Banana Nut), Donuts (any flavor)
- Nabisco Oreo Cookies: Bit Size Mini Snack Packs
- Nabisco Oreo Sandwich Cookies: Original, Golden, Chocolate Double Stuff, Golden Double Stuff, Brownie Batter, Chocolate Halloween
- Kraft Handi-Snacks Oreo Cookie Sticks n Crème
- Nabisco: Chips Ahoy! Chocolate Chip Cookies Original, 100 Cal Oreo Thin Crisps
- Kellogg's pre-packaged Rice Krispies Treats
- Stop n' Shop Peanut Free Cupcakes: Chocolate or Vanilla
- Popsicle Brand Ice Pops

Birthday and Holiday Celebrations Permission Slip

Parent checks one of the following:

2019-2020 School Year

Student's Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

Allergies: \_\_\_\_\_

**Please check one box:**

\_\_\_\_\_ My child **DOES** have permission to consume any and all items from the approved snack lists for birthday and holiday celebrations.

\_\_\_\_\_ My child **DOES NOT** have permission to consume any items from the approved snack lists for birthday and holiday celebrations. **Additionally**, I will supply a party box with acceptable healthy treats.

\_\_\_\_\_ My child, has permission to consume the food items from the approved snack lists **EXCEPT** any items that are crossed off on the attached list snack lists.

**Additionally**, I will supply a party box with acceptable healthy treats in the event the food items specified are served.

**Disclaimer:** Please note that all foods listed are considered to be safe for nut allergic students but the FDA is not required to state whether or not a particular food item is made in the same facility with nuts or on the same equipment as nuts. When considering the approved snack list for your child, please take this information into consideration. The approved snack list is subject to change per discretion of the district based on new allergy information.

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_