

Dear Parent(s)/ Guardian(s):

It has always been the policy of Felicity-Franklin Elementary to make the safety and well-being of our students our top priority. We have a substantial number of students with severe food allergies, primarily peanut allergies. A child with a serious peanut allergy can suffer a reaction merely by touching a peanut-containing food which could be life-threatening. After careful consideration of our situation we have decided to put the following safety guidelines into effect in order to minimize the opportunities for exposure:

- We will not serve any snacks that say "may contain peanuts/tree nuts" or "this product has been processed in the same plant as tree nuts/ peanuts". Many classrooms have a daily snack times, occasional birthday treats, and holiday treats that are typically eaten in the classroom. We do not want to eliminate these special times altogether. So if you are generous enough to bring in daily snacks, birthday treats or any kind of holiday treat/candy they must be store bought prepackaged food items with the ingredients on the outside of the package. If you send in homemade goods they will be left in the office to be picked up by a parent that day and they will not be dispersed in the class room to the children.
- We encourage you to avoid sending foods that "may contain peanuts/tree nuts" or those processed in the same plant as tree nuts/ peanuts in your child's lunch.
- We will not be doing any classroom projects that involve peanut butter (like bird feeders) or peanut shells (art projects). Please do not send any of these projects into the classroom with your child.
- We will instruct all students to wash their hands with soap and water after lunch. Similarly, if your child ate peanut butter for breakfast, we would greatly appreciate your making sure that his/her hands are washed with soap and water before leaving for school. Water alone does not do the trick!

This is a learning process for all of us, but we trust that you understand how deeply important it is to respect and adhere to these guidelines. If throughout the course of the year you have any questions or concerns about food-allergy-related issues, please do not hesitate to contact either one of us.

We have attached on the next page a Peanut/Tree nut free snack list that will assist you in picking out a "safe" snack for all of our students at FFES. We encourage you to read labels (even of those snacks on the list) as processing situations may change even for peanut/tree nut free snacks. We appreciate your help with this! We hope that you and your family have a safe and healthy school year!

Sincerely,

Jennifer Keller
FFES Principal

Tiffany Peron RN
Health Service Educator



Provided by the Food Allergy Initiative, a national non-profit organization dedicated to finding a cure to life-threatening food allergies. For more information, please visit www.FoodAllergyInitiative.org or email Info@FoodAllergyInitiative.org

PEANUT FREE/TREE NUT FREE SNACK LIST

FRUITS AND VEGETABLES:

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.)
- Applesauce cups (and assorted variety fruit flavored applesauce)
- Raisins, Craisins, and other dried fruits
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc.)
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)
- Vegetable dips

CHEESE AND DAIRY:

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans or tubes
- String cheese or other cheese
- Drinkable yogurt or smoothies
- Cottage cheese
- Kraft Handi-snacks with cheese (red spreadable sticks). *Be careful with others types of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts.*

CRACKER/SNACK ITEMS:

- Crackers:
 - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
 - Ritz Crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
 - Town House, Club, Toasted Crackers
 - Cheeze-Its, Cheese Nips, Better Cheddars
 - Saltines, Oyster crackers
 - Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
 - Kashi Tasty Little Crackers (TLC)
 - Breton/Dare brand crackers
 - Goldfish crackers
- Graham crackers, Graham cracker sticks
- Teddy Grahams or Teddy Graham character brands
- Bug Bites crackers
- Goldfish graham snacks
- Animal crackers (Austin Zoo, Barnum)
- Vanilla wafers
- Cereals
 - Cheerios (NOT Honey Nut or Frosted)
 - Chex (Rice, Corn, Wheat)
 - Cinnamon Toast Crunch
 - Corn Flakes
 - Crispix
 - Frosted Mini-Wheats
 - Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart) cereals
 - Kix
 - Life (NOT Vanilla Yogurt Crunch)
 - Wheaties
 - Other unsweetened cereal without nuts
- Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
- Popcorn
- Pretzels (most all brands, but some Snyder's products not peanut/nut free)
- Nutrigrain cereal bars/yogurt bars
- Special K Bars (NOT Honey Nut)
- Special K Snack Bites
- Fig Newtons (all flavors)
- Rice cakes (NOT Quaker brand, not nut free)
- Quaker Quakes (mini rice cakes)/Mini Delights (all flavors safe)
- Potato Soy Chips
- Cheez-It Party Mix/Munchie Party Mix ****Have not found any other brands for Chex type mixes to be peanut/nut safe**