

Blessed Sacrament – Acceptable Peanut-Free Snacks

Blessed Sacrament is an allergy-friendly environment. While we cannot make the lunch room completely peanut-free because of our use of the federal lunch program, we do not allow any peanut products anywhere else in the building. When choosing snacks to send to school, it is extremely important to check the label to ensure that it is free of nuts and

<u>Fruit</u>	<u>Vegetables</u>	<u>Crackers</u>	<u>Cereal & Popcorn</u>	<u>Other Snacks</u>
All Fresh Fruit	All Fresh Vegetables	Annie's Organic Products	General Mills: Cinnamon Toast Crunch, Cheerios (regular, fruity, apple cinnamon, & frosted), Kix, Lucky Charms, Trix, Cocoa Puffs, Cookie Crisp	Kellogg's Nutra-Grain Bars, & Pop Tarts
Applesauce Cups	Hidden Valley Ranch	Cheese Nips & Cheez-Its		Nabisco Teddy Grahams
Del Monte Fruit To-Go Cups	Kraft Ranch	Goldfish (Plain, Pretzel, & Cheddar)		Rold Gold Pretzels (rods, braided, tiny twists, cheddar)
Dole Fruit Bowls	Marzetti's Veggie Ranch Dip	Honey Maid – Cinnamon & Honey Grahams		Snyder's of Hanover Pretzels
Marzetti's Carmel Apple Dip		Keebler Club & Town House Crackers	Kellogg: Apple Jacks, Corn Flakes, Corn Pops, Alpha Bits, Frosted Flakes	String Cheese (No Wal Mart Brand)
Sun-Maid Raisins (<i>not chocolate covered</i>)		Kraft Handi-Snacks w/ Cheese	Pop Secret, Act 11, Jolly Time, Orville Redenbacher, Healthy Choice, & Skinny Pop Popcorn	Sun Chips (Original, Sour Cream, Cheddar)
		Ritz Crackers (Plain)		Tostitos
		Saltines		
		Triscuits & Wheat Thins		
			Quaker Oats: Life	

Birthday Treat Options

Blessed Sacrament is an allergy-friendly environment. If you plan to send in a birthday treat for a class, the item must be listed on page one of this document or below. Any items sent in that are not on the provided list will be returned home.

<u>Candy</u>	<u>Gummy</u>	<u>Pudding/ Yogurt</u>	<u>Cookies/Bars</u>	<u>Salty Snacks</u>
Air Heads	Smarties	Annie's Organic	Barnum Animal Crackers	Frito Lay: Cheetos, Doritos, & Fritos
DOTs	Sour Patch Kids	Fruit Snacks	Entenmann's Donuts & Mini Muffins	Lay's Ruffles
Dum Dums	Starburst	Betty Crocker Fruit Snacks:	Hostess Ho-Ho's & Twinkies	Lays BBQ & Plain Chips
Hershey Kisses & Milk Chocolate	Swedish Fish	Fruit by the Foot, Gushers, Fruit Roll Up	Keebler Butter, Grasshopper, & Oatmeal	Pringles (original)
Jolly Ranchers	Tootsie Pops	Meijer Brand Fruit Snacks	Kellogg's Rice Krispies	
Laffy Taffy	Tootsie Rolls	Nabisco Fruit Snacks	Lofthouse Cookies	
Life Saver Gummies	Twizzlers	Target Brand Fruit Snacks	Nabisco Oreo, Chips a Hoy, & Fig Newtons	
Mike & Ike	Whoppers		Pepperidge Farm – Milano, Chessmen, Shortbread, & Sugar	
Puffed Marshmallows	Wonka Nerds			
Rolos	York Peppermint Patties			
Skittles				

This list is subject to manufacturer changes, recalls, and mislabeling. That is why you should check food labels often to ensure that they haven't changed. Make sure products are free from: peanuts/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal, or any of the statements "May contain traces of peanut/nuts" or "Manufactured in a facility that also processes peanuts (and/or other nuts)".

Classroom Party Options: Frozen Treats

In addition to the aforementioned items, the items on the list below may be sent in for classroom parties.

Nestle – Itzakadooziies, Icecreamers, & Flinstone’s Rainbow Sherbet Treats

Ice Cream Cups (Deans & Home-made Brands)

Juicy Juice Frozen Juice Pops

Mayfield Mini Ice Cream Sandwiches

Good Humor – Fudgesicles, Popsicles, Fire Crackers, Great Whites, MicroPops, & Scribblers

Welch’s Fruit Juice Popsicles

Tropicana Fruit Juice Bars

Minute Maid – Juice Bars, Fruit Cream Swirls, Frozen Lemonade

ICEE Squeeze Up Tubes

Popsicle Lick-a-Color

Students are permitted to bring in a birthday treat for their class as long as it is compliant with the peanut-free list on pages 38 and 39. No soda may be sent in. Students should coordinate the best time to hand out the treat with their teacher. Any snacks sent in that aren’t on the peanut-free list will be returned home

Student Celebrations

Periodically throughout the year, various grade levels have holiday parties hosted by the Parents’ Club. Grade level coordinators and homeroom parents are in charge of these parties. The parent in charge will coordinate the snacks. Please don’t send in snacks without consulting your grade-level coordinator.

Students may bring in treats to celebrate their birthday, so long as they are listed on the peanut-free list on the previous pages. **Do not send soft drinks or products containing nuts. Anything that is sent in that isn’t on the list will be sent home.**

When students are celebrating events like their birthday and have a party at their home and only a part of the class is invited, invitations need to be sent through the U.S. Postal Service in order to be considerate of all students’ feelings.