



St. Paul Catholic School strives to be an allergen safe school for all children. To make this possible, we ask that all parents follow the *Food Allergy Management Policy* regarding food items that are brought into the school building. Please note that unless food items conform to the following list, are individually wrapped, and deemed safe from the homeroom teacher, the items will not be served. Even if your child's classroom does not have a student with allergies, we need to prevent any possibility of cross-contamination.

While nut allergies are prominent, we do have students with other food allergies. Please communicate and verify with your child's homeroom teacher for other possible student allergies before sending birthday treats or party treats.

We thank you for your cooperation to keep our school a safe zone for all.

Safe Snack List for Nut Allergies

When choosing a nut-free snack, it is important to ALWAYS check the label on the package.

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

"Contains Peanut or Tree Nut

Ingredients" "May Contain Peanut or Tree Nuts"

"Processed on shared equipment with Peanuts or Tree Nuts" "Manufactured in a facility with Peanut or Tree Nuts"

This list is only to serve as a resource. It is in no way complete and is subject to manufacturer recalls or mislabeling. Manufacturers also change production methods from time to time, they may have changed their equipment or product line since you last purchased an item from this sheet. Thank you for taking the time to shop from this list and read labels. Your diligence helps keep allergic children safe at school.

Daily Snacks

For snacks shared with classmates, snacks and treats must be purchased individually pre-packaged.

Fresh fruits & vegetables - bananas, apples, grapes, clementines, and baby carrots

Applesauce cups, fruit cups

GoGo Squeeze fruit pouches, Mott's applesauce pouches, Dole fruit pouches

Cheese sticks, cubes

Yogurt

Chex Mix - Traditional flavor only

Nutrigrain bars - Strawberry, Apple, Blueberry (not nut varieties)

Kellogg's Pop Tarts - berry flavors, brown sugar, cinnamon

Fig Newtons

Barnum's Animal Crackers

Honey-Maid Graham crackers

Teddy Grahams

Keebler Grahams

Nilla Wafers

Goldfish crackers

Cheez-Its, Cheese Nips, Better Cheddars

Popcorn – Skinnypop, Smart Food

Rold Gold Pretzels

Snyder's pretzels – packages that are marked as being made in a nut-free facility

Potato Chips - Ruffles, Lays, Pringles snack stacks

Cheetos

Doritos

Fritos

Raisins

Craisins

Birthday & special treat snacks

All snacks and treats must be purchased individually pre-packaged.

Oreos original and thins

Mini Chips Ahoy cookies

Fudge Stripes

Rice Krispie treats

Hershey's chocolate kisses (plain chocolate flavor)

Hershey's chocolate bars (full size 1.55oz bars only, not minis or king size)

York Peppermint Patties

Dove Silky Smooth Milk Chocolate Promises & Singles

Twizzlers Licorice

Popsicles, frozen fruit juice bars – Dole fruit bars, Luigi's Real Italian Ice, Minute Maid juice

Juicy Skittles

Starburst

Nerds