

5th Grade Healthy Snack Policy

As a reminder, the 5th grade classrooms are a NUT/PEANUT FREE ZONE. Please avoid snacks that contain peanuts, peanut flour, peanut oil or peanut butter or other nuts. This includes snacks with almonds, coconuts, sunflowers, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. (Tree nuts)

Thank you for your consideration and support in keeping a food-allergic child safe from having a life-threatening allergic reaction at school.

Here are some suggestions for healthy, nut-free snacks that are acceptable in the classroom:

Safe Snacks (as of June 2017)

The following products (with the brands specified) are free of the top 8 allergens (peanuts, tree nuts, milk, egg, wheat, soy, fish, shellfish) and are gluten-free (no wheat, rye, barley or malt flavoring, and only gluten-free oats).

Note: please check labels prior to purchasing, as manufacturers can change ingredients and/or facilities. Snacks should not contain any of the top 8 allergens; labels also should not state that the item is "made in a facility" or "manufactured on the same equipment" with any of those allergens.

Fruit/applesauce

- Fresh whole fruit — apples, grapes, oranges, bananas
- Fresh whole vegetables — baby carrots
- Applesauce cups (Mott's Natural/Unsweetened, Musselman's Unsweetened)
- Canned/prepackaged fruit cups (Dole fruit cups)
- GoGo Squeeze applesauce on the go
- Capri Sun Juice packs

Crackers/Snack Items

- Brothers All Natural brand — Fruit Crisps (dried apple and other fruit chips)
- Cybele's Free-to-Eat brand — all Cybele's cookies are Top 8 allergen free
- Enjoy Life Foods brand — all Enjoy Life products are Top 8 allergen free, including Chewy Bars, Soft-Baked Bars, Plentils
- Mission brand — Tortilla Triangles, Tortilla Rounds, Tortilla Strips, Organic White Corn Tortilla Chips, Organic Blue Corn Tortilla Chips
- SkinnyPop Popcorn — all SkinnyPop products are Top 8 allergen free
- Tostitos Original Restaurant Style Chips, Tostitos Crispy Rounds, Tostitos Scoops, Tostitos Cantina Thin and Crispy
- Veggie Booty

Fruit Snacks

- Annie's Organic brand — Bunny Fruit Snacks and Fruit Bites
- Mott's Medleys fruit-flavored snacks