

Important Reminder for Parents of DES Students in the following classes: Kindergarten, First, and Second grades, as well as Ms. Sullivan's Third grade and Mrs. Desmarais Fourth Grade

Please read the following information about the upcoming holiday celebrations in classrooms that are peanut and nut free. As you know, we have several students with life threatening food allergies who attend DES. We are changing our food guidelines so that we are sure that all students are SAFE and INCLUDED. If you are planning to send in either a holiday treat or a birthday goodie....,

1. Please be advised, we can no longer serve home prepared foods such as cupcakes or cookies. Treats that are prepackaged and in the original container are easiest and safest to monitor. A short list of safe foods is below. A more extensive list is available on our website or ask your classroom teacher for a printed copy.
2. Please remember to contact your classroom teacher or room parent and let them know what treat you are providing a few days ahead of the date.

Your ongoing cooperation in keeping each student safe and included is very much appreciated. Thank you!

- \* Small Size Cupcakes with icing ( Stop and Shop brand)
- \* Small cups of ice cream (Hoodsies or Big Y brand)
- \* "Little Bites Muffins" (Entenmanns Brand )
- \* Small Fruit Muffins ( Stop and Shop brand)
- \* Snack Pudding Packs (Hunt's brand)
- \* Jello Snack Packs
- \* Food manufacturers often change ingredients, so it is important to check snack ingredient labels every time a purchase is made.

# Nut-Free Lunch & Snack Suggestions

Important: Due to continual changes in manufacturer packaging and processing, please read the ingredient label of your snack/lunch **(including those on this list)** to ensure that it does not contain any of the following: peanut/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal, tree nuts of any kind, or the statements "may contain traces of peanuts/nuts" or "manufactured in a facility that also processes peanuts/tree nuts". Twenty percent of all packages with "may contain" as a disclosure ACTUALLY contain nuts!!! This is just a "starter" list. There are numerous other safe products available!!

## General Foods

Sandwiches (tuna, cold meat, cheese, etc.)  
Bread (read all labels carefully, healthful breads may have nuts!)  
Hard-boiled egg  
Yogurt (drinkable, individual cups, & tubes): AVOID Yo-Crunch mix-ins  
Garden Salads  
Soups  
  
Bagel with cream cheese (Thomas & Lender's)  
Fruits (fresh, canned, applesauce, etc.)  
  
Vegetables (with Ranch dip)  
Wraps (Mission brand is safe, read label for other brands)  
Cheeses (string, sliced, etc.)  
Fruit Juice, Vegetable Juice, Milk  
Raisins (Big Y brand OK, yogurt or choc. covered raisins usually NOT safe)  
Salsa  
Sunbutter (all flavors)

## Cereals

General Mills Chex (not Honey Nut)  
Kellogg's Apple Jacks, Fruit Loops  
General Mills Kix  
  
General Mills Cheerios (not Honey Nut or Frosted)  
General Mills Cinnamon Toast Crunch  
Cascadian Farms Clifford Crunch Cereal  
Kellogg's Corn  
Pops  
Kellogg's Crispix  
Kellogg's Frosted Mini-Wheats  
Kellogg's Rice Krispies  
Kellogg's Frosted Flakes  
Post Alphabits  
Post Honeycomb  
General Mills Wheaties  
  
Kashi Go-Lean Crunch

## Crackers/Chips/Pretzels

Nabisco Better Cheddars  
General Mills  
Frito Lay sun chips  
Keebler toasteds

Bugles

Nabisco Cheese Nips

Sunshine Cheez-its, Cheez-it Snack Mix

Frito Lay Cheetos

Frito Lay Doritos

Frito Lay Fritos

Pepperidge Farm Goldfish (NOT sandwich style or sugar/cinn.)

Nabisco Handisnacks (cheese w/ crackers, pretzels, or breadsticks)

Kashi TLC

crackers

Keebler club crackers

Lay's potato chips

Keebler oyster crackers

General Mills Pop Secret Popcorn

Rold Gold pretzels

Utz reg. potato chips, tortilla/corn chips, pretzels, cheese curls/balls, popcorn

Tostitos Corn tortilla chips

Keebler townhouse crackers

Nabisco triscuits

Nabisco vegetable thins

Nabisco wheat

thins

Kellogg's Wheatables

Smart Food

popcorn

Nabisco Ritz crackers (NOT sandwich style)

Nabisco Premium saltines

Cascadian Farms choc. chip, multi-grain, vanilla chip granola bars

Kraft Handi-snaks (breadsticks w/cheese, Mr. Salty, Ritz w/cheese)

Pringles

### **Cookies/Sweets**

Nabisco Barnum Animal Crackers

General Mills Betty Crocker Fruit Gushers

Keebler Graham Cracker Bug Bites

Entenmann's Little Bites (blueberry, choc. chip muffins)

Nabisco Fig Newtons

Kellogg's Yogos, Twistables, & fruit rolls

Keebler Fudge Striped cookies

Keebler golden vanilla wafers

Nabisco HoneyMaid Graham Crackers

Keebler Grasshopper mint cookies

Hunt's snack pudding

pack

Jelly/Jam (most OK, but all labels should be checked)  
Kellogg's Nutrigrain cereal and yogurt bars  
Kellogg's Special K Snack Bites (strawberry & vanilla)  
Kellogg's Pop Tarts & Go Tarts  
Kellogg's Rice Krispie treats  
(original)  
Kellogg's granola munch-ems  
Nabisco Nilla Wafers  
Nabisco Oreos  
Nabisco Teddy Grahams  
Keebler Scooby Doo graham cracker sticks  
Keebler sugar wafers  
Nabisco Ginger Snaps  
Nabisco Honeymaid Honey Bees  
Keebler Deluxe  
Grahams  
General Mills Fruit Roll ups  
Back to Nature chocolate chip cookies