



ACCEPTABLE SNACKS TO SHARE IN SCHOOL

For the safety of students with Life-Threatening Food Allergies, parents are asked to follow the district protocol regarding food/snacks brought to your student's classrooms for special occasions and celebrations (other than school lunches):

- **Please check with the Teacher to see if there are food allergy restrictions in your child's class.**
 - *Common allergens include* peanuts, tree nuts, milk, egg, soy, sunflower, coconut, pineapple, popcorn, etc.
- Notify the classroom teacher prior to sending snacks.
- Parent or child will bring the food/snack to the front office.
- The item will be checked by office/ Health room staff to ensure it is a safe/ acceptable snack to share.
- All snacks must be store purchased and have a label identifying the ingredients.
- **Any bakery items brought in need to be made in a certified nut free facility**
- **Check that candy is not processed on equipment that also processes nuts**

Listed below are some snack **ideas** that are typically safe to share. However, ingredients may change so **PLEASE ALWAYS CHECK LABELS BEFORE SENDING SNACKS FOR THE CLASSROOM. AS THEY WILL BE RETURNED HOME IF UNSAFE TO SHARE.**

Fruits/Veggies:	Grains and Cereals:	Cookie/Bars:	Candy:
Apple Slices, Bare apple chips, Applesauce cups, Gogo squeeze packs, Oranges, Grapes, Raisins, Craisins, Stretch Island fruit leather, Watermelon cubes, Peach Slices, Celery, Carrot Sticks, Snap peas	Snyders or Rold Gold pretzels, Rice crackers, Pirates Booty, Saltines, Goldfish, Wheat Thins, Cheetos, Graham Crackers (Nabisco or Honey Maid)	Oreos (original or double stuffed Nabisco), Animal Cookies unfrosted (Barnum's), Rice Krispy Treats (Kellogg's), Chips ahoy original, Nutri grain bars	Hershey Milk Chocolate Kisses (plain only), Tootsie Roll Suckers, Skittles, Starbursts, Lifesavers, Smarties, Twizzlers, Welch's or Motts fruit snacks, Haribo Gold bears, Dum Dums

Thank you for your understanding and cooperation to protect the safety and well-being of our students with food allergies.

If you have questions, please contact your Building Nurse or the Lakewood School District Nurse:

Gwen Grubb BSN, RN (360) 654-2098, extension 4010