



Dear Parents:

This year we welcome students to our school who have food allergies. Allergic reactions caused by food can be life-threatening. It has always been the policy of OLOL to make the safety and well-being of our students our top priority. Therefore, the following guidelines are in effect:

- All OLOL classrooms will be designated as an allergy aware space.
- Please do not send foods containing, *or prepared near* foods containing, peanuts, peanut butter or nuts to be eaten as snacks in the classroom or shared as part of classroom celebrations.
  - Food sent in to share with students **must** be either plain fresh fruits or vegetables or be prepackaged with an ingredient label. *Homemade food or bakery food will **NOT** be served in the classroom.*
  - The website <http://snacksafely.com/snacklist.pdf> maintains a list of snack foods that are commonly available at grocery stores and free of peanuts, nuts and eggs.
  - We will NOT be celebrating birthdays with treats in the classroom this year. ***Please DO NOT send treats for your child's birthday.*** We will have a school wide celebration to recognize students each month.
- Parents who send a lunch from home for their child are free to pack the foods of their choice to be eaten in the cafeteria. Many students choose to bring a peanut/nut-free lunch.
- Please instruct your child not to share food with other students.
- Students will wash their hands upon arrival to the classroom and again before and after eating. We ask that all children wash their hands with soap and water. Water alone or hand sanitizers do not do the trick when it comes to removing food allergens.

This is a learning process, but we trust that you understand how deeply important it is to respect and adhere to these guidelines. If throughout the course of the year you have any questions or concerns about food-allergy-related issues, please do not hesitate to contact me.

Wishing you and your family a safe and healthy school year.

Sincerely,  
Mrs. Johnson ☺



## Snack Time

This year we will be having a small, "healthy" snack each day after our morning recess. We have several students with food allergies in our class so I will be serving snack each day. I am asking parents to bring two boxes of snacks to share. I will store the snacks in the classroom. Below is a partial list of acceptable snacks. It is very important that any snack you bring in is the *same brand and flavor listed*. If you would like to see the complete list it is available at <http://snacksafely.com/snacklist.pdf> .

### Acceptable Snack Options

We LOVE string cheese, sausage sticks and fresh veggies/fruits, fruit cups (NOT mixed fruit due to allergies).

#### Pretzels:

Rold Gold- Thins, Sticks, Rods, Tiny Twists, Tiny Twist Cheddar, Honey Wheat  
Utz- Rods, Nuggets, Holiday Shaped  
Pepperidge Farm- Goldfish Pretzels

#### Cheese Snacks:

Cheetos- Puffs, Crunchy, Baked  
Pirate's Booty- Aged White Cheddar, Sour Cream & Onion, New York Pizza  
Utz- Cheese Curls, Cheese Balls

#### Rice Snacks:

Quaker Quakes Rice Snacks- Carmel Corn, Ranch, Chocolate, Cheddar Cheese, Sour Cream & Onion

#### Vegetable Chips:

Good Health Natural Foods- Veggie Chips, Veggie Stix, Pizza Veggie Stix  
Pirate's Booty- Veggie

#### Corn/Tortilla Chips:

Utz Tortilla Chips- Dippable, Multigrain, Restaurant Style, White Round, Yellow Round  
Natural Tostitos Organic

### **Graham Crackers:**

Nabisco Grahams- Original

Nabisco Honey Maid- Honey, Low Fat Honey, Cinnamon, Chocolate, Fresh Stacks

Teddy Grahams- Cinnamon, Honey, Chocolate, Chocolate Chip

### **Crackers:**

Cheese Nips- Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants

Nabisco- Premium Oyster Crackers,

Kraft Handi-Snacks- Mister Salty Pretzels and Cheese Dip, Premium Breadsticks and Cheese Dip

Triscuit-Original, Roasted Garlic, Mini, Thin Crisps (Four Cheese, Parmesan Garlic)

Wheat Thins- Original, Ranch, Multigrain, Parmesan and Basil

Goldfish Flavor Blasted- Xtra Cheddar, Slammin' Sour Cream & Onion, Xplosive Pizza

