CLASSROOM SNACKS

Fifteen classrooms have students with life threatening food allergies.

**Before bringing any classroom snack to school, CHECK WITH YOUR CHILD’S TEACHER at least 3 days ahead of time**. This allows time for the teacher to plan for those children with allergies, who may need to bring a substitute snack.

**Check your ingredients label**. Nut free will be clearly stated - near the ingredients label. Look for Made in Nut Free Facility.

**SUGGESTED NUT FREE KITCHENS AND SNACKS**

1. Wal Mart Bakery Midtown location carries a special nut free line of mini cupcakes! They are shipped in from a nut free facility and sealed. Look for the nut free statement right on the sealed package.
2. Popsicles are a great treat and gluten free!
3. Most Rice Krispie treats! ( These are not gluten or dairy free)
4. Popcorn, wheat thins, goldfish, Triscuits, pretzels
5. Red Vine Licorice
6. Fruit and cheese skewers are fun!
7. Pudding cup or yogurt pouch without granola or cookies added in– check the labels!
8. Fruit snacks and Dum Dum pops

Thank you for helping to keep our students safe!

Nurse Barb