

# NUT-FREE POLICY

The WRC Nursery School is committed to providing a safe environment for all of our students and staff. We understand that many of our students with allergies are not old enough to make informed choices about what should go into their mouths and are therefore less able to self-manage their allergies. Students with peanut/tree nut allergies could have a serious allergic reaction from contact with even a microscopic amount of a particular allergen. We need to make sure that there is little opportunity for a child to be exposed to foods that could harm him/her. For this reason, we are a completely peanut/tree nut-free school and require that no peanuts or tree nuts be brought into our school for snacks or lunch.

We also require that special treats for class parties and special occasions be peanut/tree nut free. It is safer to use packaged food items with ingredient labels, as opposed to home-baked goods. If you choose to bake, use an allergen-free mix. Because inadvertent cross contamination can trigger an allergic reaction, when home baking with a mix, please make every effort to clean all surfaces and utensils. For your reference, we have compiled a list of items that are safe for children with nut allergies.

**Because ingredient lists change frequently we are very cautious when giving a list of “safe packaged food”. Always make sure to check the labels on the food you are sending to school whether it is for your own child’s lunch or to share at a class party.**

You **MAY NOT** send foods with the following warnings on the label:

- Contains (or may contain) tree nuts or peanuts in the ingredient list
- Made on equipment that processes tree nuts or peanuts
- Made in a facility that processes tree nuts or peanuts

**When sending in items to be shared with other students, please be sure to include the ingredient label or box for our reference.**

We appreciate your cooperation with this policy – not having nuts or nut products in the school is a small sacrifice to make compared to the consequences a child with severe allergies could face.

# NUT-FREE SNACK LIST

Most large food manufacturers are aware of people that have food allergies and do a good job labeling their products. We cannot stress the importance of **reading the label every time you purchase an item** for your child's lunch or for your child to share with his/her class.

Remember, you **MAY NOT** send foods with the following warnings on the label:

- Contains (or may contain) tree nuts or peanuts in the ingredient list
- Made on equipment that processes tree nuts or peanuts
- Made in a facility that processes tree nuts or peanuts

**This list includes readily available brands. It is only as current as today's date. Go to [www.snacksafely.com](http://www.snacksafely.com) for the most up to date information and to verify these brands and find further brand options.**

## **Vegetable Chips**

Terra Exotic Vegetable Chips  
Pirate's Booty Vegetable

## **Corn/Tortilla Chips**

Garden of Eatin' – Blue Corn Restaurant Style Tortilla Chips  
Herr's – Restaurant Style, Bite Size Dippers  
Stacy's Pita Chips  
Sun Chips  
Tostitos  
Utz Tortilla Chips  
Late July Organic Multigrain Tortilla Chips

## **Popcorn**

Bachman  
Smartfood  
Utz  
Wise

## **Cheese Snacks**

Cheetos  
Herr's Baked Cheese Curls  
Pirate's Booty  
Smart Puffs  
Utz Cheese Curls and Cheese Balls  
Wise Cheese Doodles

## **Pretzels**

Herr's – Extra Thin, Rods, Whole Grain Honey Wheat Sticks  
Rold Gold  
ShopRite  
Pepperidge Farm Goldfish Pretzels  
Utz - Halloween Pretzel Treats, Rods, Thin

### **Potato Chips**

Cape Cod

Herr's

Kettle Brand

Ruffles

Lays

Popchips

Pringles

Ruffles

ShopRite

Utz

Wise

### **Crackers**

Cheese Nips

Cheez-It

Goldfish

Keebler Club

Keebler Wheatables

Kraft Handi-Snacks

Pepperidge Farm Baked Crisps

ShopRite Wheat Snacks

Town House

Triscuit

Wheat Thins

### **Rice Snacks**

Quaker Rice Snacks

Lundberg Organic Rice Cakes

### **Graham Crackers**

Goldfish Grahams

Keebler Grahams

Nabisco Grahams

ShopRite

Teddy Grahams

### **Cookies**

Chips Ahoy

Keebler Vanilla Wafers

Lucy's (wheat, egg and dairy free)

Nabisco Sugar Wafers

Newtons

Oreos

Enjoy Life (Dairy, egg, soy and wheat free)

Sweet Alexis (egg and dairy free)

### **Cakes/Muffins (Pre-packaged)**

Lucy's Gluten Free Brownie Cakes (Dairy, egg, soy and wheat free)

Sweet Alexis (egg and dairy free)

Treasure Mills School Safe

### **Cake, Brownie, Cookie and Muffin (Mixes)**

Betty Crocker Supermoist

CherryBrook Kitchen

### **Frosting**

Betty Crocker

CherryBrook Kitchen

### **Chocolate Chips**

Enjoy Life (Dairy, egg, soy and wheat free)

### **Fruit and Granola Bars**

Nutri Grain Cereal Bars

Kellogg's Rice Krispies Treats

Enjoy Life (Dairy, egg, soy and wheat free)

### **Nut Butter Alternatives**

I.M. Healthy SoyNut Butter

SunButter

Wowbutter

### **Fruit Snacks**

Annie's Organic Bunny Fruit Snacks

Betty Crocker – Fruit Roll-Ups, Fruit By the Foot, Fruit Flavored Snacks

Fruit Gushers

### **Chocolate**

Hershey's Chocolate Bars (1.55 oz. bars)

Hershey's Chocolate Kisses'

Enjoy Life Boom Choco Boom Chocolate Bars (Dairy, egg, soy and wheat free)

### **Candy**

Andes Mints

Dots

Dum Dum Pops

Good and Plenty

Kraft Caramels

Lifesavers

Mild Duds

Pez

Push Pop

Rolo

Skittles

**Candy Cont.**

Smarties  
Sour Patch Kids  
Starburst  
Swedish Fish  
Tootsie Pops  
Tootsie Rolls  
Twizzlers  
Whoppers

**Marshmallow**

ShopRite  
Campfire

**Ice Cream and Frozen Desserts**

Wink Frozen desserts  
White Rose Vanilla and Chocolate Ice Cream Cups

**Ice Pops and Ices**

Breyers Pure Fruit Bars  
Dole Fruit Bars  
Luigi's Real Italizn Ice  
Marino's Italian Ice  
Minute Maid Juice Bars  
ShopRite Red, White and Blue Pops