



September 5, 2018

Dear Parents and Families,

In an effort to support our students and families, St. Paul's Day School has compiled a list of acceptable snack foods for students to bring to school for lunch or special celebrations in the classroom. Food allergies are becoming more and more common and caring for a child with a food allergy can be scary and worrisome for parents. Although there are many allergens, 90% of the food allergies are related to nuts, tree nuts, peanuts, milk, eggs, fish and shellfish.

St. Paul's Day School takes all health and safety issues as a top priority. Therefore, as shared with you in July, St. Paul's is implementing the following health and safety policy as of September 5, 2018.

- Please do not send any peanuts/tree nuts, peanut butter, Nutella or foods containing these ingredients to be eaten as **snacks** in the classroom.
- **Birthday and holiday celebrations** are special times for children, but can be a difficult time for a food-allergic child. We must be extremely careful about the ingredients and preparation of all food items. Homemade treats, although delicious, make this process difficult therefore we request that you please choose from the list below of store bought snack foods that most of our children can enjoy safely:
  - **Oreos-Original/Double Stuffed/Birthday Cake Vanilla or Chocolate (Oreo Brand Only)**
  - **Chips Ahoy-Chocolate Chips/Chunky/Chewy**
  - **Nabisco Barnum's Animals Crackers**
  - **Teddy Grahams-Cinnamon/Honey/Chocolate/Chocolate Chip**
  - **Pepperidge Farm Goldfish-Cheddar/Pretzel**
  - **Utz-Pretzels/Chips/Popcorn/Cheese Curls**
  - **Skinny Pop Popcorn (Original, White Cheddar, & Naturally Sweet)**
  - **Doritos**
  - **Outshine Fruit Ice Pops**
  - **Minute Maid Juice Bars**
  - **Luigi's Real Italian Ice**
  - **Marino's Italian Ice**
  - **Clementines, Watermelon**
  - **Stonyfield Organic Fruit Snacks (Available at most stores and BJ's)**
  - **Welch's Mixed Fruit Snacks (Available at most stores and BJ's)**
  - **Annie's Organic Fruit Snacks (Available at most stores and BJ's)**
  - **Treasure Mills School Safe Chocolate/Vanilla cupcakes (Available at Whole Foods)**
  - **Treasure Mills School Safe Brownie/Chocolate Bars (Available at Whole Foods)**
  - **Enjoy Life Crunchy Cookies (Choc. chip, Double Choc., Sugar crisp, Vanilla Honey Graham)**



- Enjoy Life Mini Cookies (Crunchy Choc. chip, Crunchy Double Choc., Crunchy Sugar Crisp, Crunchy Vanilla Honey Graham, Soft Baked Choc. Chip, Soft Baked Double Choc. Brownie, Soft Baked Snickerdoodle)
- Enjoy Life Soft Baked Cookies (Choc. Chip, Double Choc. Brownie, Snickerdoodle) *Enjoy Life Cookies are available in Stop and Shop & Target.*
- Make Good food products
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**If your treat has not been pre arranged, with your classroom teacher, it may need to be sent home.**

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 or your child's classroom teacher

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

Kim L'Hommedieu

Director