

# PEANUT- AND NUT-FREE POLICY

St. Paul's Preschool has adopted a policy in regard to snacks that are served to the children who attend our preschool. We have a large number of children with confirmed or suspected allergies to peanuts and tree nuts. Therefore, **no food containing peanuts or tree nuts of any kind will be served in classrooms.**

**This means that all foods provided by the preschool for the children to consume at snacktime will be peanut- and nut-free. This also means that all foods sent in by parents for their children to share with classmates must be peanut- and nut-free. Only pre-packaged, unopened items with ingredients clearly labeled on the package or fresh, uncut fruit will be allowed.** This policy eliminates the sharing of homemade goodies—and for this we are truly sorry—but the health of all of our students must take priority.

In regard to **celebrating birthdays at preschool**, most local bakeries do not label ingredients, and many items coming from local supermarket bakeries have ingredient labels with disclaimers stating that there may be traces of peanuts &/or nuts. There are some establishments that offer cupcakes, etc. that are peanut- and nut-free, but parents will need to search these out.

**This peanut- and nut-free policy also applies to LunchBunch. No sandwiches, cookies, etc. containing nuts or peanuts may be sent with children for consumption during LunchBunch.**

A list of peanut- and nut-free snacks follows.

# Peanut/Nut-Free Snacks\*

## Fruits

All fresh fruit  
Dole Fruit Bowls  
Del Monte Fruit To-Go Cups  
Sun-Maid Raisins (*not chocolate covered*)  
Applesauce Cups  
Motts Fruit Blasters Applesauce Tubes

## Vegetables

All Fresh Vegetables Including:  
Carrots with Dip  
Celery Sticks with Cream Cheese or Dip

## Gummy Snacks

(*Not Brachs.*) Only Betty Crocker or Nabisco Fruit Snacks including:  
Fruit Roll-Ups  
Fruit By The Foot  
Gushers  
Shark Bites  
Fun Fruits  
Scooby Doo Fruit Snacks  
Trix Fruit Snacks  
Hi-C Fruit Snacks  
Pokemon Fruit Snacks

## Cookies

Nilla Wafers  
Oreos & Mini Oreos (*not mint-creme*)  
Chips-A-Hoy (*not minis*)  
Bisco Wafers  
Teddy Grahams  
Pepperidge Farm - Milano, Chessmen, Shortbread and Sugar Cookies  
Keebler - Butter Cookies, Grasshopper Cookies  
Nabisco - Barnum Animal Crackers, Oatmeal & Iced Oatmeal Cookies, Cameo Cookies, Fig Newtons, Kool Stuff Strawberry Seas Bars  
Hostess Ho-Ho's & Twinkies  
Rice Krispie Treats (*plain only*)  
Nutri-Grain Apple Cinnamon/Brown Sugar Twists

## Salty Snacks

Rold Gold Pretzels  
Snyders of Hanover Pretzels  
Ruffles Potato Chips  
Lays Potato Chips  
Fritos  
Doritos (*not crackers*)  
Cheetos  
Tostitos  
Pringles (*original only*)  
Popcorn - Pop Secret, Orville Redenbacher, Healthy Choice)

## Crackers

Honey Maid - Cinnamon Grahams & Sticks, Honey Grahams & Sticks  
Ritz Crackers (*plain only, not sandwiches*)  
Keebler Club Crackers (*original only, not sandwiches*)  
Nabisco Saltines  
Sunshine Cheez-Its  
Triscuit  
Wheat Thins  
Pepperidge Farm Cheddar Goldfish (only plain, pretzel or cheddar. *Not Cinnamon Grahams*)  
Sargento- Mootown Crackers & Cheese Dip  
Keebler Town House Crackers  
Sportz Cheddar Crackers  
Kraft Handi-Snacks Cinnamon Graham Crackers w/Applesauce Dip  
Kraft Handi-Snacks Crackers with Cheese Dip

## Jellos and Puddings

Hershey Chocolate Pudding Tubes  
Kraft Handi-Snacks - Wacky Gels, Vanilla & Chocolate Pudding  
Hunts - Juicy Gels, Vanilla & Chocolate Pudding  
Jello - Gelatin Cups, X-treme Jello Tubes, Vanilla, Chocolate & Oreo Pudding  
Dole Fruit-n-Gel Bowls  
Delmonte Fruit & Gel To-Go Bowls

## Frozen Treats

Minute Maid - Juice Bars, Fruit & Cream Swirls, Frozen Lemonade  
Good Humor - Fudgesicles, Popsicles, Fire Crackers, Great Whites, MicroPops, and Scribblers  
Nestle - Itzakadooies, Icecreamers Flintstones Rainbow Sherbet Treats & Juicy Juice Frozen Juice Pops  
Lick-A-Colors  
Tropicana Fruit Juice Bars  
Welch's Fruit Juice Popsicles  
ICEE Frozen Treats

## Misc.

Cheese  
Yogurt (*not soy brands*) - Gogurt, Danimals, etc.  
T. Mazettis Carmel Apple Dip (with apples)  
Pizza - Papa Johns, Dominoes, Flippers, Pizza Hut  
Candy - Starburst, Skittles, Twizzlers, Hershey Milk Chocolate Bars (*not with almonds*) and Hershey Kisses (*not with almonds & not Hugs*), Milk Duds, DOTS, Sour Patch Kids, and Tootsie Rolls  
Jet Puffed Marshmallows

\* **Important:** Due to continual changes in manufacturer packaging and processing, please read the ingredient label of your snack chosen from this list to ensure that it does not contain any of the following... peanuts/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal, or any of the statements "May contain traces of peanut/nuts" or "Manufactured in a facility that also processes peanuts (and/or other nuts)".