



## ***Holy Child Academy***

### **Holy Child Academy's Nut Free/Peanut Free Policy**

Holy Child Academy is a nut free/peanut free school. This means that any foods or snacks brought in from outside/home must be nut/peanut free.

We ask that all birthday, holiday, and/or special occasion treats have ingredients clearly labeled or listed, and be checked in at the office prior to sending to the classroom.

Please read labels, and note products that say, "may contain traces of peanuts," or "may contain peanut or tree nuts," are **NOT OK** to bring to school. Oil residue from nuts or peanuts may be left on surfaces causing, in some instances, an allergic reaction.

Children with peanut allergies may have other allergies to seeds, more commonly sesame seeds. We do not serve sesame bagels or use sesame seeds. We do, however, serve sun-butter. Sun-butter is made from sunflower seeds which are processed in nut free/peanut free factories. Reactions to sunflower seeds are less common and; therefore, sun-butter is a good alternative for peanut butter.

Thank you for your cooperation. If you have any questions, please contact the Health Office.

The Health Office Staff

# SUGGESTED SAFE SNACK GUIDE

**ALL SNACKS MUST BE PRE-APPROVED BY THE NURSE AND CLASS TEACHER AS THERE ARE ADDITIONAL SPECIFIC DIETARY CONCERNS FOR SOME CLASSES**

Whole Foods ("School Safe" mini-cupcakes), King Kullen ("Everyday Favorites" mini-cupcakes), Stop & Shop-cookies, mini-muffins/cupcakes

Fruits, Vegetables, Applesauce

Crackers:

Nabisco - Ritz (no cheese varieties), Wheat Thins (original), Triscuit (original & thin crisp), Premium Saltine (regular, Mini & soup/oyster), Barnum's Animal, Honey Maid Graham (honey, original, cinnamon, gingerbread flavors only) 100 calories packs (Wheat Thins, Lorna Doone, Oreo)  
Keebler - Club Crackers, Town House (original only)

Chips & Pretzels:

Bachman (no flavors - plain only) Pretzel stix packs  
Herr's Honey Wheat Whole Grain Pretzel Sticks  
Utz Pretzel Sticks (Cinnamon, Country Stix, Butter Waffle, Honey Wheat Braided)  
Utz Lowfat Baked Tortilla Chips  
Sun Chips (Original, Harvest Cheddar, French Onion, Garden Salsa)  
Frito-Lay - Sun Chips (original only) Fritos (original flavor only)  
Lay's - Original and Baked Potato Chips  
Pringles (Plain)  
Wise -Potato Chips (plain), Dipsy Doodles, Onion Rings  
Skinny Pop Popcorn (original & salt/pepper only)  
Munchos Potato Crisps  
Stacy's Pita Chips (cinnamon, simply naked varieties)  
Tostitos - Scoops, Restaurant Style, Crispy Rounds, Tostitos Salsa  
Shop & Stop Nature's Promise - Natural Vegetable Chips & Sticks  
Pirates's Booty (Aged White Cheddar, Sour Cream & Onion, New York Pizza)

## BREAKFAST TREATS, GRANOLA & ENERGY BARS

Kellog's - PopTarts- (only some varieties-READ LABELS)  
Enjoy Life Cereal Bars  
Made Good Granola Bars & Minis  
Raisins - NOT yogurt or chocolate covered  
Coconut Milk  
Don't Go Nuts Energy Bars  
Enjoy Life Baked Chewy Bars  
Made Good Granola Bars

## COOKIES

Enjoy Life Brands - all varieties  
Nabisco - Teddy Grahams, Lorna Doone, Mini Fig Newtons  
Oreos (NOT cakesters, NOT fudge/white fudge or milk chocolate covered, Not oreo brownies, NOT peanut butter)  
Chips Ahoy (Chocolate, Reduced Fat, Chunky, Chewy, Mini)  
Keebler - Grahams (original & cinnamon), Scooby Doo Graham Cracker Sticks, Teddy Grahams (honey, cinnamon)  
SnackWell's (Sandwich Crème, Chocolate Chip Cookie Bites)  
HomeFree Gluten Free Cookies (Chocolate Chip, Oatmeal, Vanilla)  
ShopRite Scrunchy Animal Crackers

## RICE CAKES

Quaker Quakes Rice Snacks (Caramel Corn, Nacho Cheese, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion)  
Lundberg Organic Rice Cakes (with popcorn, Brown Rice, Mochi Sweet, Sweet Green Tea)

## ICES (NOT ICE CREAM)

All water-based ices  
Marino's Italian Ices  
Luigi's Real Italian Ice (6 Pack Variety)  
Coconut Milk Ice Cream Only  
Foozer (Blue Aloha, Strawberry Bliss, Tropical Sunset)  
PhillySwirl - Organic Jungle Swirls  
Breyers Pure Fruit Bars  
Minute Maid Juice Bars  
Dole Fruit Bars (Variety 12 Pack)