



Lakewood School district #306 – Parent Alert Life-Threatening Nut Allergy

For the safety of students with Life-Threatening Nut Allergies, parents are asked to follow the district protocol regarding food/snacks brought to your student's classrooms for special occasions and celebrations (other than school lunches):

1. Please notify the classroom teacher at least one day prior to sending snacks.
2. Parent or child will bring the food/snack to the front office or classroom teacher.
3. The food/snack will be checked by office staff or teacher to ensure item is on the acceptable snack list.
4. All snacks must be store purchased and have a label identifying the ingredients. **PLEASE NO CAKES, CUPCAKES, BAKERY ITEMS, OR HOME MADE GOODS.**

For those students who have sensitivity to gluten, this list **DOES** include products that contain gluten. Parents must coordinate with teachers to ensure identified students are offered an alternate snack when necessary.

Listed below are acceptable snack items that have been found to be peanut and nut safe. However, ingredients may change so **PLEASE ALWAYS CHECK LABELS BEFORE SENDING SNACKS FOR THE CLASSROOM.**

Fruit/Veggies	Crackers/Chips	Cookie/Bars	Candy	Non-Food Items
<ul style="list-style-type: none"> ▪ Apple Slices ▪ Oranges ▪ Bananas ▪ Celery ▪ Carrot Sticks ▪ Some packaged fruit snacks (Tootsie, Betty Crocker, Fruit Gushers) 	<ul style="list-style-type: none"> ▪ Saltines ▪ Goldfish (except peanut butter) ▪ Wheat Thins ▪ Pretzels (Rold Gold) ▪ Graham Crackers (Nabisco Honeymaid) ▪ Teddy Grahams ▪ Pepperidge Farm Crackers ▪ Doritos ▪ Most plain potato chips (Frito Lay is a good choice) ▪ Smartfood Popcorn ▪ Cheese-Its (NOT Cheese-Nips) 	<ul style="list-style-type: none"> ▪ Oreos (original or double-stuffed Nabisco) ▪ Animal Cookies, unfrosted (Barnum's) ▪ Rice Krispy Treats (Kellogg's) ▪ Kellogg's cereal (w/out nuts) 	<ul style="list-style-type: none"> ▪ Hershey Milk Chocolate Kisses (Plain only) ▪ Tootsie Rolls (name brand) ▪ Tootsie Roll Suckers ▪ Skittles ▪ Starbursts ▪ Lifesavers ▪ Wonka's Nerds ▪ Smarties 	<ul style="list-style-type: none"> ▪ Rainy day game for classroom ▪ Book donated in your child's name ▪ Pencils, erasers, stickers

Thank you for your understanding and cooperation in working with school staff to protect the safety and well-being of our students with nut allergies.

If you have questions: please contact your building principal or the Lakewood School District Nurse:
Kelsey Mitchell, RN, BSN
(360) 652-4501, extension 4138