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Health Office Delran Intermediate School

(856) 764-5100 ext 1806

September 2019

Dear Parents/Guardians:

This letter is to notify you that there are several students in DIS with food allergies. Food allergies can cause life-threatening reactions when a student is exposed to the offending allergen. Reactions have been known to occur by either touch (tactile allergy) or by eating the item in question (ingestion allergy). Therefore, we are asking ALL parents to be very careful of what is brought into the classroom.

For your information, there are times when food is allowed in the classroom. These times include, but are not limited to, snack time, lunch on single session days, birthday celebrations, holiday parties, etc. Because we are committed to providing a safe environment for ALL of our students, we are striving to ensure that only “safe” foods are permitted in your child’s classroom. Therefore, we are requesting your help. Attached please find a list of acceptable food items for your child’s class. Please remember to only send to school the items on this list. The food item must be of the specific brand name listed.

Please be advised that there are no restrictions on food items brought into the cafeteria for lunch on regular session days.

**ATTENTION PARENTS OF STUDENTS WITH FOOD ALLERGIES:** Please review the enclosed list. If there are any objectionable items, please contact me immediately and I will discuss the revisions with your child’s teacher.

You will notice that some of the items on the list are what we would refer to as “empty calorie” foods such as potato chips and candy. Bear in mind, that while these items might be acceptable for special occasions, such as a party, we certainly would not want you to provide such items for your child’s snack on a regular basis.

We understand that this will take some time and effort on your part. Please know that your help in keeping your child’s classroom safe is greatly appreciated. If you have any questions, do not hesitate to contact me.

Sincerely,

Maria Radulski, BSN, RN, CSN

School Nurse

Safe Snack and Party List (peanut and tree nut free)

Please Note: CUPCAKES are ONLY allowed with prior approval from your child’s teacher.

**PRETZELS**

* *Herr’s –* Extra Thin, Rods, Whole Grain Pretzel Sticks Honey Wheat
* *Rold Gold* – Thins, Sticks, Rods, Tiny Twists
* *ShopRite* – Mini, Mini Fat Free, Thin, Thin Fat Free, Waffle, Rods, Stick Pretzels Fat Free
* *Newman’s Own* – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
* *Pepperidge Farm Goldfish Pretzels*
* *Philly Soft Pretzel Factory* - plain and salt
* *Utz* – Halloween Pretzel Treats, Pretzel Rods, Thin Pretzels

**POPCORN**

* *Smartfood* – White Cheddar, Reduced Fat, Movie Theater Butter
* *Utz Popcorn* – Butter, Cheese, White Cheddar
* *Wise* – Original Butter, White Cheddar

**CHEESE SNACKS**

* *Cheetos* – Puffs, Puffs Honey BBQ, Crunchy, Flamin’ Hot Crunchy, Baked
* *Herr’s Baked Cheese Curls*
* *Pirate’s Booty*–Aged White Cheddar, Sour Cream & Onion, New York Pizza
* *Utz –* Cheese Curls, Crunchy Cheese Curls, Cheese Balls, Hot Cheese Curls, Hot Cheese Balls, Hot Crunchies , Halloween Mini Cheese Ball Treats
* *Wise Cheez Doodles* – Puffed, Puffed O’s, Crunchy

**POTATO CHIPS**

* *Baked Ruffles* – Original, Cheddar & Sour Cream
* *Baked Lay’s* – Original, Sour Cream & Onion, Parmesan and Tuscan Herb
* *Cape Cod* – Original, Sour Cream & Green Onion
* *Herr’s* – Crisp ’n Tasty, Ripples, Sour Cream & Onion, Barbecue, Salt & Vinegar, Lightly Salted, Red Hot
* *Lay’s* – Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream
* *Pirate’s Booty Veggie Chips*
* *Pringles* – Original, Reduced Fat, BBQ, or Snack Pack Original
* *Ruffles* – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream
* *ShopRite* – Original, Krinkle Cut, No Salt Added, Salt & Vinegar, Barbecue
* *Utz* – Original, Ripples, Wavy, Sour Cream & Onion, No Salt added, Salt ’n Vinegar , Baked Original
* *Wise* – All Natural, Lightly Salted, BBQ, Unsalted, Salt & Vinegar, Onion & Garlic, Honey BBQ

**RICE SNACKS**

* *Quaker Quakes Rice Snacks* – Carmel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion

**CORN/TORTILLA CHIPS**

* *Doritos* – Nacho Cheese, Cool Ranch, Spicy Nacho, Tacos Flavor, Spicy Sweet Chili, Toasted Corn Pizza Supreme
* *Utz Corn Chips* – Regular, BBQ
* *Herr’s* – Restaurant Style, Bite Size Dippers
* *Santitas* – Tortilla Triangles
* *Stacy’s Pita Chips* – Simply Naked, Cinnamon Sugar, Parmesan Garlic & Herb
* *Sun Chips* – Original, Harvest Cheddar, French Onion, Garden Salsa, Jalapeno Jack
* *Tostitos* – Restaurant Style, Scoops, Crispy Rounds, Multigrain, Multigrain Scoops, Bite Size, Hint of Jalapeno, Hint of Lime, Roasted Garlic & Black Bean, Fire-Roasted Chipotle
* *Utz Tortilla Chips* – Restaurant Style, White Corn, Baked Original

**GRAHAM CRACKERS**

* *Nabisco Grahams* – Original
* *Nabisco Honey Maid* – Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh Stacks
* *Goldfish Grahams* – Cinnamon, Vanilla, Chocolate, Chocolate Chip
* *Keebler Grahams* – Original, Cinnamon, Honey
* *Keebler Scooby-Doo Graham Cracker Sticks* – Honey, Cinnamon
* *ShopRite –* Sugar Honey Grahams, Sugar Honey Grahams Low Fat, Chocolate Grahams, Cinnamon Grahams, Cinnamon Grahams Low Fat
* *Teddy Grahams* – Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini

**CRACKERS**

* *Cheese Nips* – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
* *Cheez-It* – Original, Reduced Fat, White Cheddar
* *Goldfish* - Saltine, Cheddar, Whole Grain, Pizza, Parmesan, Baby Cheddar, Colors, Mix-Up, Pretzel
* *Keebler Club* – Original, Reduced Fat, Multi-Grain, Buttery Garlic, Minis Original, Minis Multi-Grain
* *Keebler Club Snack Sticks*- Original, Honey Wheat
* *Keebler Townhouse* – Original, Wheat, Reduced Fat
* *Keebler Wheatables* – Golden Wheat, Toasted Honey Wheat
* *Kraft Handi-Snacks Ritz Crackers ‘n Cheese Dip*
* *Kraft Handi-Snacks Premium Breadsticks ‘n Cheese Dip*
* *Kraft Handi-Snacks Mister Salty Pretzels ‘n Cheese Dip*
* *Nabisco Premium Saltines* – Original, Unsalted Tops, Hint of Salt, Fat Free, Whole Grain, Minis, Fresh Stacks
* *Sunshine Saltines* – Krispy Original
* *Triscuit* – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Roasted Garlic
* *Wheat Thins –*Original, Reduced Fat, Hint of Salt, Ranch, Whole Grain, Multi-Grain

**NUTRITION BARS, CEREAL BARS and TOASTER PASTRIES**

* *Nutri Grain Cereal Bars* – Blueberry, Apple Cinnamon, Blackberry, Raspberry
* *Special K Bar* – Blueberry, Chocolatey Drizzle, Raspberry Cheesecake, Vanilla Crisp
* *Kellogg’s Rice Krispies Treats* – Original
* *Kellogg’s Pop Tarts* – Brown Sugar, Cinnamon, Blueberry Unfrosted, Frosted Cherry, Frosted Wild Berry

**COOKIES**

* *Oreos* – Original, Reduced Fat, Double Stuf, Cool Mint, Golden, Golden Double Stuf, Chocolate, Golden Chocolate, Sugar Free, Halloween, Triple Double, Double Stuf Heads or Tails, Mini
* *Kraft Handi-Snacks Oreo Cookie Sticks ’n Creme Dip*
* *Chips Ahoy* – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, Halloween, Mini
* *Newtons* – Original Fig, Fat Free, Whole Grain, Raspberry
* *ShopRite Scrunchy Animal Crackers*
* *ShopRite ABC Cookie Squares*
* *Barnum’s Animal Crackers* – Original
* *Keebler Vanilla Wafers* – Original, Mini
* *Nabisco Ginger Snaps*
* *Lorna Doone Shortbread Cookies*

**CANDY**

*Andes Mints –* All varieties *Jolly Rancher Hard Candy Skittles*

*Charms Sweet Pops*  *Kraft Caramels Smarties*  C*harms Blow Pops Lifesavers Hard Candies Sour Patch Kids*

*Charms Blow Pops Minis Lifesavers Gumies Starburst Fruit Chews Dots Mike and Ike Starburst Jellybeans Dum Dum Pops Milk Duds Swedish Fish*  *Good & Plenty Pez Tootsie Pops*  *Haribo Gummi Bears Push Pops Tootsie Rolls- chocolate flavor Hershey’s Chocolate Kisses Red Vines Twizzlers* *Hot Tamales Rolo Whoppers*

**FRUIT SNACKS**

Betty Crocker Fruit Roll-Ups, Fruit by the Foot and Fruit Flavored Snacks

Fruit Gushers

**ICE CREAM**

Dolly Madison – Vanilla & Chocolate Ice Cream Cups, Ice Cream Sandwiches

Turkey Hill Ice Cream Sandwiches – Vanilla Bean, Low Ft Vanilla Bean, Double Decker

Turkey Hill – Original Vanilla, Vanilla & Chocolate

Breyer’s- Black Raspberry Chocolate, Chocolate Chip, Extra Creamy Vanilla, Peach, Triple Chocolate

**POPSICLES AND ICES**

Breyer’s Pure Fruit Bars – 12 Pack: Orange, Raspberry

Dole Fruit Bars – Variety 12 Pack: Grape, Raspberry

Luigi’s Real Italian Ice- 6 Pack Varieties: Cherry, Lemon, Mango, Watermelon & Blue Raspberry

Marino’s Italian Ice- 12 Pack Varieties: Blue, Bubble Gum, Cherry, Chocolate, Cola, Grape, Lemon, Lime, Mango, Orange, Pineapple, Rainbow, Tropical, Watermelon

Minute Maid Juice Bars- 12 Pack Varieties: Cherry, Grape, Orange

Rita’s Water Ice: Any Fruit Flavor (no custard)

Shop Rite Red, White & Blue Pops 12 Pack

**FRESH FRUITS AND VEGGIES**

Fresh Fruits and Vegetables are always welcome. However, there may be a student in your child’s classroom with a fruit or vegetable allergy. Please ask your child’s teacher what fruit/vegetable should NOT be brought into this classroom.

 NO DIPS PLEASE!!

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