

## SACRED HEART SCHOOL SAFE FOODS LIST

The number of students with life-threatening allergies has increased substantially in recent years. Every allergic reaction has the potential to develop into a life-threatening and potentially fatal anaphylactic reaction. In order to minimize the risk of exposure to allergens, the daily mid-morning snack must come from the Safe Foods List regardless of whether or not there is a student in the class with a food allergy. The Safe Foods List is quite extensive and provides several options for snack choices, while maintaining a safe classroom environment for children with life-threatening allergies.

**\* 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 peanuts/nuts" or "Manufactured in a facility that also processes peanuts (and/or other nuts)".

### Fruits:

- All Fresh Fruit
- Dole Fruit Bowls
- Del Monte Fruit to-go bowls
- Sun-Maid Raisins (not chocolate covered)
- Applesauce Cups
- Motts Fruit Blasters Applesauce Tubes
- GoGo Squeeze Applesauce on the go

### Vegetables:

- All Fresh Vegetables

### Chips and Pretzels:

- Rold Gold Plain and Honey Wheat Pretzel Twists
- Wise Brand Potato Chips
- Cape Cod Original Potato Chips
- Frito Lay Sun chips original
- Sanitas Corn Chips
- Tostitos Brand Corn Chips
- Popcorn: Pop Secret, Smart Food, Orville Redenbacher, Healthy Choice
- Pringles: any flavor
- Lays Potato Chips: any flavor
- Stop and Shop potato chips: any flavor
- Natures Promise veggie chips or sticks
- Fritos Corn Chips
- Doritos: any flavor
- Cheetos

- Ruffles Potato Chips
- Wise Cheese Doodles
- Stacey's Pita Chips
- Pirate Booty
- Bugles

#### Graham Crackers/Cookies:

- Stop and Shop Graham Crackers
- Nabisco Graham Crackers, Animal Crackers
- Honey Maid: Cinnamon Grahams & Sticks, Honey Grahams & Sticks
- Nabisco Teddy Grahams(honey, cinnamon, chocolate)
- Oreos and Mini-Oreos (not mint-crème)
- Oreo Double stuff
- Original Chips Ahoy (not minis)
- Teddy Grahams
- Keebler: *Grasshopper Cookies, Fudge Stripes, fudge Grahams*
- Rice Krispie Treats (plain only)
- Nutri-Grain bars: Apple Cinnamon/Strawberry/Blueberry
- *Fig Newtons*
- Special K bars (not honey nut)
- Nabisco Lorna Doone Shortbread
- Gripz Chips Ahoy
- Nilla Wafers

#### Crackers:

- Stop and Shop Saltines
- Nabisco Ritz original or low sodium (plain not sandwiches)
- Keebler Town House Crackers
- Nabisco Saltines
- Wheat Thins
- Triscuits
- Keebler Club Crackers (not sandwiches)
- Goldfish (only plain, pretzel or cheddar)
- Cheez-its
- Cheese Nips
- Kraft Handi-Snacks Crackers with Cheese Dip
- Kraft Handi-Snacks Cinnamon Graham Crackers w/Applesauce Dip
- Annie's Bunnies
- Oyster crackers

#### Cereals:

- Apple Jax
- Original Cheerios
- Kix
- Chex (not pre-packaged mixes)
- Corn Flakes

- Frosted Mini-Wheats
- Raisin Bran
- Lucky Charms
- Life Cereal
- Fruit Loops
- Trix
- Cinnamon Toast Crunch

Fruit Chews: Only Betty Crocker or Nabisco Fruit Snacks including:

- Fruit Roll Ups
- Gushers
- Shark Bites
- Fun Fruits
- Scooby Doo Fruit Snacks
- Trix Fruit Snacks
- Hi-C Fruit Snacks
- Pokemon Fruit Snacks

Jell-O and Pudding:

- All flavors and brands
- Dole Fruit-n-Gel Bowls
- Delmonte Fruit & Gel To-Go Bowls

Yogurt and Cheese:

- Any Kind of Cheese
- Go-gurts
- Danimals

Pop Tarts:

- Strawberry Filled
- Blueberry Filled
- Chocolate Filled

Misc.:

- Pizza: Papa Gino's, Main Street, Napoli