

# St. Michael Catholic School Nut-Free & Healthy Snack Guidelines



St. Michael Catholic School cares about the health and wellness of every student. Some students have severe peanut allergies. We want our classrooms to be safe for all students, so please choose peanut-free snacks to send to school. Do not send snacks that contain peanuts or peanut butter. Sometimes peanuts or peanut products are found in foods, so in order to assure your child's snack is safe and "peanut free" you will need to read the product label.

## Label Reading Guide

Most products are now required to list allergen information at the bottom of the ingredient list. Allergy information is almost always listed in **BOLD** letters and easily found.

### Examples of Warnings that make food UNSAFE for a student with a Nut Allergy:

- May contain traces of tree nuts or peanuts
- Contains peanut products
- Processed on shared equipment (this means the product was processed or baked on equipment that also processes products containing nuts. The above warning is on many BAKERY items such as cookies, donuts, etc.)
- Contains: almonds, pecans, walnuts, cashews, hazelnuts, pine nuts, etc.
- Peanut oil and any other kind of nut oil or nut extract listed in the ingredients would make that product unsafe

The snack list below contains specific brand names, but it is still important to read labels because processing can change to make items unsafe.

St. Michael encourages and supports healthy eating. Healthy kids learn better! Healthy snacks should have less than 35% sugar (by weight) and less than 35% of calories from fat. Here is a list of snacks acceptable for school.

Fruits	Vegetables	Other
<ul style="list-style-type: none"><li>• Apples</li><li>• Apricots</li><li>• Bananas</li><li>• Blackberries</li><li>• Cantaloupe</li><li>• Cherries</li><li>• Grapefruit</li><li>• Grapes (red, green or purple)</li><li>• Honeydew</li><li>• Kiwis</li><li>• Mandarin oranges</li><li>• Mangoes</li><li>• Nectarines</li><li>• Oranges</li><li>• Peaches</li><li>• Pears</li><li>• Pineapple</li><li>• Plums</li><li>• Raspberries</li><li>• Strawberries</li><li>• Tangerines</li><li>• Watermelon</li></ul>	<ul style="list-style-type: none"><li>• Broccoli</li><li>• Carrot sticks</li><li>• Cauliflower</li><li>• Celery sticks</li><li>• Cucumber</li><li>• Peppers</li><li>• Snap Peas</li><li>• Snow Peas</li><li>• String Beans</li><li>• Tomato Slices</li><li>• Cherry Tomatoes</li><li>• Summer Squash slices</li><li>• Zucchini slices</li></ul>	<p>Breakfast Cereal (whole-grain is the most nutritious) Peanut safe:</p> <ul style="list-style-type: none"><li>• Chex: corn, wheat and rice</li><li>• Cheerios and Apple Cinnamon Cheerios</li></ul> <p>Crackers (whole grain is the most nutritious) Peanut safe:</p> <ul style="list-style-type: none"><li>• Nabisco Triscuits</li><li>• Kalvi</li><li>• Pepperidge Farms Goldfish crackers and pretzels</li><li>• Nabisco Honey Maid Graham Crackers</li></ul> <p>Cereal Bars</p> <ul style="list-style-type: none"><li>• Nutri-Grain Cereal Bars</li><li>• Kellogg's Special K Breakfast Bars</li></ul> <p>Rice Cakes</p> <p>Cheese Sticks</p> <p>Yogurt cups/tubes</p>

## St. Michael Catholic School Nut-Free & Class Party Snack Guidelines

In addition to the above snacks, classroom parties may also offer the following:

<b>Fruits</b> <ul style="list-style-type: none"><li>• Applesauce, Fruit Cups, and Canned Fruit</li><li>• Dried Fruit</li><li>• Frozen Fruit</li><li>• Fruit Salad</li></ul>	<b>Grains</b> <ul style="list-style-type: none"><li>• Nabisco Teddy Grahams</li><li>• Nabisco Barnum's Animal Crackers</li><li>• Nabisco Wheat Thins</li><li>• Keebler Club Crackers and Snack Sticks</li><li>• Kraft Cheese Nips</li><li>• Nabisco Ritz Crackers plain or whole-wheat</li><li>• Sunshine Cheez-it Party Mix</li><li>• Sunshine Cheez-it Twisterz</li></ul> <b>Other</b> <ul style="list-style-type: none"><li>• Popcorn</li></ul>
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Bakery items (cookies, donuts, cakes, muffins, etc.) are all unsafe due to cross contamination concerns. Also, many use almond extract in frosting. Thank you for taking the extra time to choose nutritious and nut-free snacks. The benefits are worth it!