

# *Washington Elementary School*

*Dear Parents and Guardians:*

*As you are aware, several of our students have food allergies to peanuts and nut products.*

*Our goal is to meet the health needs and provide a safe environment for all of our students. Listed below are **snack foods** that are acceptable if your child is in area that is **peanut free**.*

***Fresh fruits and vegetables***

***Applesauce/fruit cups***

***Cheese***

***Dolphin friends cheese crackers***

***Yogurt (no crunchies)***

***Eggs***

***Nabisco Oreos***

***Pepperidge Farm Pretzel***

***Cheddar or Pizza Goldfish Crackers***

***Wal-Mart cheese whales cracker***

***Sunshine Cheese-its***

***Wise cheese doodles***

***Nabisco Teddy Grahams (chocolate is OK)***

***Frito-lay Doritos—Cheese or Ranch***

***Schultz Pretzels from Costco***

***Lays, Wise or Utz Potato Chips***

***Nabisco-Nilla Wafer Cookies***

***Nabisco—Fig Newtons***

***Jello Pudding or Jello cups***

***Ice Pops ( made with real fruit juice)***

***Kellogg Pop Tarts—no peanut butter flavor.***

*As you can see, there is variety of foods to choose from.*

*Two important points:*

- 1. Pls. do check the packaging before you buy the products.  
Because they do change on occasion.*
- 2. Pls. teach/instruct your children not to share snacks or food  
in school.*

*As new information comes to me, I will surely share it with you.*

*We appreciate your understanding and co-operation in providing  
a safe and healthy environment for all of our students.*

*Thank you,*

*Mrs. Virgie T. Chi RN  
School Nurse  
908-851-6466*

*All Dunkin donuts have peanut oil/peanut content. Pls. do not  
send them to school.*