



Safe Snack List

Fall 2019

Dear Lower School Families,

In order to continue to provide a safe environment for all students, I am asking families to consider the following to offer a “Nut-restricted” concept here at Oakdale.

Below are **safe** classroom snack ideas that are welcome at any time.

There will remain one **nut free** table in the cafeteria during lunch hour this year. There is additional detail and helpful hints on the reverse of this letter that will also be posted on our website under “Current Families” for your reference.

As always, thank you for being a caring community.

Sincerely,

Dr. David J. Stanton IV
Headmaster



Safe Snack List

Peanut Butter / Nut Butter Alternatives

- SunButter (sunflower butter)
- Wow Butter (soybean butter)

Crackers / Chips / Pretzels

- Goldfish
- Potato Chips
- Frito's, Doritos, Cheetos
- Sun Chips
- Original Triscuits (no new nut flavors)
- Original Wheat Thins
- Cheez-Its
- Plain Pretzels
- Tortilla Chips
- Teddy Grahams
- Graham Crackers
- Plain Ritz or Club
- Animal Crackers
- Skinny Pop
- Pop Chips
- Rice Cake

Protein / Dairy

- Lunch Meat
- Cheese
- Pudding cup
- Yogurt tubes (no nutty toppings for yogurts)

Other Snacks

- Sunmaid raisins
- Go-Go Squeeze applesauce
- Applesauce cups
- Fruit cups (NOT in coconut water)
- Fruit snacks
- Fresh fruits and vegetables
- Guacamole
- Fig Newtons
- Nilla Wafers

For classroom parties:

- Please be sure all items are store bought and are nut-free by reading the labels.
- Please avoid homemade baked goods due to the risk of cross contamination from your kitchen/pans/utensils.

Below are snacks I am requesting are **not** brought to school due to the ingredients that would likely cause issue for some of our students:

- Peanut butter
- Peanut oil (e.g.- chips fried in peanut oil)
- Nut butters (e.g.- almond butter)
- Nutella
- Nut milks (e.g.- Almond milk, Cashew milk)
- Granola Bars, Granola, Trail Mix (unless touted as nut-free)
- Candy containing peanuts or tree nuts (e.g. Snickers).
- Lupin / Lupine (a legume used as a flour substitute that has an extremely high possibility of causing allergic reactions in peanut allergic children)
- Peanut butter sandwich crackers
- Peanut butter filled pretzels
- Peanuts
- Mixed nuts
- Granola

Please always read labels