

Guidelines and Suggested Options

There is an increasing number of students enrolled in GSA who have food-related allergies to products containing peanuts and/or tree nuts (including coconut) and sesame seeds. Reactions can include anaphylactic shock and death. One of the goals of GSA is to build a safe environment for all of our students. **We ask that all party treats be nut free.**

In order to assist you with this, we have compiled a list of known nut-free snacks. Snacks on this list are known to be safe; however, labels and ingredients are constantly changing. Therefore, we ask that you always check the labels and watch out for manufacturer's disclaimers on their products, such as "made in a facility that processes peanuts and tree nuts" or "may contain trace amounts of nuts."

Snacks should be in the original container, it must be labeled with the brand name. For example, just marking it "pretzels" is not sufficient. Rold Gold Pretzels are peanut-free, while Snyders pretzels contain trace amounts of peanut dust.

*Please serve items with serving gloves which should be available at school. Please wash your hands with soap and water before you serve food at the party.

(Nurse Anne must still check ingredients and approve)

Frito Lay

Cheetos, Fritos, Ruffles, Dorito's, Plain Chips, BBQ, Salt n Vinegar, Fritos and Rold Gold Pretzels

Name Brand Only on these items

Oreo's, Teddy Grahams, Goldfish Crackers, Cheez it's, Pirate's Booty, Pringles (original or bbq), Kellogg's Nutri Grain Bars, Raisins, Jet Puffed Marshmallows, Rice Krispy Treats, Enjoy Life Products

Bagels

Lenders Brand

Dairy Items

Cream Cheese, Cheese Sticks, Yogurt (squeeze tubes)

Cakes

Entenmanns Donuts (chocolate and power) and Schnuck's School Safe Cupcakes

Fruit and Veggies

Apples, Grapes, Banana's, Mandarin Oranges, Watermelon, Cantaloupe, Applesauce, Carrots, Celery, Broccoli, Peppers, Cherry Tomatoes

Any fruit cups need to make sure they are not made with coconut water

Cereals

Lucky Charms, Plain Cheerio's, Captain Crunch, Mini Wheats, Chex Cereal, Rice Krispies, Golden Grahams

Frozen Items

Luigi's Ice, Popsicle Brand—Scribblers or Orange, Cherry, Grape Ice Pops

Candy

Starburst, Life Savers Gummy's, Skittles, York Peppermint Patties, Sprees, Pez, Junior Mints, Tootsie Rolls, Tootsie Roll Pops, Ring Pops, Bottle Caps, Fun Dip, Nerds, Nerd Ropes, Gobstoppers, Mike n Ikes, Whoppers, Twizzlers, Tic Tacs, Jolly Ranchers, Rolo's, Blow Pops, Dum Dums, Swedish Fish, Smarties, Sour Patch Kids, Sour Patch Straws, Bobs Soft Peppermint Candy, Life Savers Mints

Non-Edible Ideas

These items can be found at Five Below, Party City, Dollar Tree or Oriental Trading on-line.

Crazy Looping straws, Pencils, Bubbles, Fun plastic cups, Mini Beach Balls, mini stress balls, small toys, mini Frisbees, Character notebooks, craft kits with easy make items (picture frames necklaces, Etc...) **Please make sure they are age appropriate**