

Egg, Peanut and Tree Nut Free Snack List & Guide

Food allergy awareness:

Food allergies are increasingly common, affecting 1 in 17 children in the U.S. and can be life-threatening.

*CDC NHIS Data (2021)

Purpose and Use: Please refer to this guide when choosing *parent-provided classroom snacks and special-occasion foods*. The foods and brands listed in this guide are examples of foods currently considered safe. Always check the label, as ingredients and manufacturing practices can change at any time.

Food shared with the class:

Parent-provided classroom snacks and special-occasion foods **must not contain** the classroom allergen(s) or carry “may contain,” “shared equipment,” “processed in,” or similar cross-contact warnings.

Your child’s lunch:

Lunches are not shared, and the no-sharing rule is strictly enforced. We ask families not to pack lunch foods that contain a classroom allergen as an ingredient. For example, if egg and nuts are classroom allergens, please avoid items such as nut butters, peanuts, hard-boiled eggs, or other foods containing egg or nuts. Foods with “may contain” or similar cross-contact warnings are permitted in **individual lunches only**.

*Thank you for your extra care and attention
in keeping all our little ones safe.*

Your cooperation and understanding are greatly appreciated.



Check it once, check it twice

Rules for Food Shared With the Class:

- ❖ **Read the full ingredient label.** Classroom allergens may appear anywhere in the ingredient list.
- ❖ **Check the “Contains” statement.** Many packages list major allergens directly below the ingredients. This can be a helpful shortcut, but do not rely on it alone. Always read the complete ingredient list.
- ❖ **Look for cross-contact warnings.** Check the entire package for statements such as “may contain,” “made on shared equipment,” “processed in a facility with,” or similar warnings involving the classroom allergen(s).
- ❖ **Read the food label every time.** Ingredients and manufacturing practices can change, even for foods you have purchased before. Double-check the label every time you buy. Labels can change.
- ❖ Only **commercially packaged foods with complete ingredient labels** are acceptable.
- ❖ **Keep foods in their original packaging.** If individually wrapped snacks come inside a larger package, please keep the outer package available for label review.
- ❖ **No Homemade or bakery items are allowed for classroom sharing.**
- ❖ Prepackaged cupcakes, cookies and similar treats are permitted only if they have complete nutrition and ingredient labels and meet the classroom allergy requirements.

When in Doubt, Leave it Out

If a label is missing, unclear, or does not meet the classroom allergy requirements, please choose another item.



NOT GOOD

EXAMPLE FOOD LABELS

GOOD LABEL

Nutrition Facts
8 servings per container
Serving Size 2 cookies (28g)

Amount per serving	
Calories	140
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber less than 1g	2%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 2g	
Vit. D 0.1mcg 0% • Calcium 10mg 0%	
Iron 0.9mg 6% • Potas. 50mg 0%	

* The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, milk fat, soy lecithin [an emulsifier], vanilla, natural flavor), Unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, malted barley flour), Butter, Cane sugar, Brown cane sugar, Eggs, Baking soda, Salt, and Natural vanilla flavor

Contains Wheat, Milk, Eggs and Soy.
Manufactured in a facility that processes tree nuts.

DISTRIBUTED BY: TATE'S BAKE SHOP
43 NORTH SEA RD. SOUTHAMPTON NY 11968
631-780-6511 WWW.TATESBAKESHOP.COM

MADE IN THE USA


**Egg, Peanut
& Tree Nut**

**NOT GOOD
FOR SCHOOL**

Nutrition Facts
6 servings per container
Serving size 1 bar (22g)

Amount per serving	% Daily Value*
Calories	80
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 1g	
Vitamin D 3.9mcg	20%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 30mg	0%
Vitamin A 180mcg	20%
Vitamin C 18mg	20%
Vitamin E 2.9mg	20%
Thiamin 0.3mg	25%
Vitamin B ₆ 0.3mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Riverside
Natural Foods Inc.
VAUGHAN, ON L4K 4N5, CANADA
WWW.MADEGOODFOODS.COM
CERTIFIED ORGANIC BY PRO-CERT
PRODUCT OF CANADA

  



**Contains nutrients
from vegetable extracts.
Good source of Vitamin
C & D.**



GOOD

INGREDIENTS: BROWN RICE CRISPS*, INVERT CANE SYRUP*, BROWN RICE SYRUP*, VEGETABLE GLYCERIN*, WATER, PALM FRUIT OIL*†, INULIN*, PEA PROTEIN ISOLATE*, SALT, NATURAL FLAVOR*, TAPIOCA STARCH*, VEGETABLE EXTRACTS (SPINACH, BROCCOLI, CARROTS, TOMATOES, BEETS, SHIITAKE MUSHROOMS), XANTHAN GUM, VANILLA EXTRACT*.
*ORGANIC. †SUSTAINABLE.



SNACK LIST

***Please note:** This list is not all-inclusive. If you would like to send an item that is not listed here, please obtain approval from Michelle Creegan or the classroom teacher beforehand to ensure it meets the classroom allergy guidelines.



FRUITS & VEGGIES

- ❖ Bananas
- ❖ Applesauce pouches/cups (GoGo squeeZ, Mott's)
- ❖ Fruit cups in 100% juice (Dole, Del Monte)
- ❖ Dried Fruit Bars (That's It Bars)
- ❖ Fruit Snacks, Bites & Crisps (Annie's, Brother-All-Natural)

GRAINS, CHIPS, CRACKERS & PRETZELS

- ❖ Crackers (Ritz, Whole Foods, original, whole wheat, Luke's Organic, Town House)
- ❖ Triscuits or Wheat Thins Crackers
- ❖ Saltines (Premium)
- ❖ Goldfish Crackers (original, cheddar)
- ❖ Annie's Cheddar Bunnies
- ❖ Pretzels (Rold Gold, Snyder's of Hanover, Utz, Newmans Own, Herr's)
- ❖ Rice cakes & Rice Cake Chips (Quaker – plain, lightly salted, cheddar)
- ❖ Pita chips (Stacy's original/plain)
- ❖ MadeGood Granola Minis or Bars
- ❖ Animal Crackers (Barnum's, Annie's)
- ❖ Graham Crackers (Honey Maid, Teddy Grahams)
- ❖ Veggie Straws & Chips (Sensible Portions, Terra)



SNACK LIST

*Remember to
double check:
Egg, Peanut &
Tree Nut*



GRAINS, CHIPS, CRACKERS & PRETZELS (Continued)

- ❖ Potato Chips (The Good Crisp Company, Sun Chips, Ruffles, Boulder Canyon, Lays, Cape Cod, Pepperidge Farm)
- ❖ Pirate's Booty Aged White Cheddar
- ❖ Rice Crispy Treats (Made Good, Annies, Kelloggs)
- ❖ Cheese Doodles/ Puffs (Annie's, Cheetos, Utz)
- ❖ Corn & Tortilla Chips (Deep River, Utz, Wize)
- ❖ Popcorn ****FOUR YEAR OLD CLASSES ONLY**** (Skinny pop, Utz, Good Health, Sage Valley, Wise, Herr's, Bachman)

YOGURT, DAIRY & OTHER

- ❖ Stonyfield Organic Kids Yogurt (pouches/tubes)
- ❖ Go-Gurt (Yoplait)
- ❖ String cheese (Sargento, Kraft, store brand)
- ❖ Babybel cheese rounds



SPECIAL OCCASION ONLY LIST

i.e. Birthday & Holidays

These must be given prior administrative approval.



CAKES, COOKIES, DONUTS, MUFFINS

- ❖ Muffins (Abe's)
- ❖ Cakes (Abe's)
- ❖ Brownies (Abe's, ALLFree)
- ❖ Cookies (Made Good, Partake, Oreos, Chips Ahoy, Trader Joes Snickerdoodle Cookies, Keebler Vienna Fingers, Annies Bunny Grahams)

ICES & ICE CREAM

- ❖ Ices (Mario's, Luigi's)
- ❖ Ice Pops (Johnny Pops, Good Pop)
- ❖ Breyers Vanilla and Chocolate Ice Cream Cups
- ❖ Ice Cream (A La Mode, Turkey Hill: Vanilla, Neapolitan) ****Check flavors****
Carvel is NOT safe for school*

