

ST. PETER LUTHERAN SCHOOL

FOOD ALLERGY GUIDELINES

1. **St. Peter Lutheran School cautions that it is necessary for everyone to understand that an *ALL ALLERGEN-FREE* environment is impossible to achieve, and to expect it is to harbor a false sense of security.**
2. Each student/family is treated individually to maintain the least restrictive environment for a student with a food allergy. The school nurse, parents/guardians, and the teacher will meet to establish individual guidelines. A written *Individual Health Care Plan* will be established for each student with a life threatening allergy.
3. Due to the student privacy policies, St. Peter School cannot divulge who has an allergy to the classroom, however, the parent/guardian is encouraged to write a letter to the classroom. Sample letters can be provided to the parent/guardian.
4. St. Peter School will provide an *Allergy Free Lunch Table* at lunchtime if needed. All *special* lunch tables are cleaned before and after each use.
5. **Sharing of any food is prohibited in the lunchroom.**
6. Daily classroom snacks (PS-Grade 3) will be **Peanut** and **Tree Nut Free**. Grades 4-8 will not have a daily snack. The **classrooms** will remain **Nut Free at all times**. Snacks **must** be chosen from the *St. Peter School Food List*. This list of food choices can also be found on the St. Peter website. Foods brought to school for daily snacks NOT on this list, will be sent back home.
7. When special curriculum events involving food occur, all foods must be nut free and/or free of all allergens of students within that class. Alternate locations may be required for these events.
8. A celebratory event day can be arranged (special organization events, school-wide events, etc.) with adequate notice (one week) and approval. Celebratory treats may include items not on the list that are purchased only and will be shared in areas outside of the classroom setting. There will be allergen free items available for each event. (Example: Donuts for Dads; Community Open House; movie night)
9. Read the label each and every time you purchase a treat from the **FOOD LIST**, as ingredients may change without notice.
10. Any purchased food item that is clearly labeled “nut free” not on the official food list may be allowed in the school with approval of the school nurse.
11. Edible birthday treats will not be allowed during regular school hours. In lieu of birthday treats, donations towards a special yearly mission project may be made or sharing an item such as stickers, pencils, erasers, etc., may be done. Acknowledgment of birthdays will be done during morning announcements.

ST. PETER LUTHERAN SCHOOL FOOD LIST

- 1) The foods listed below **WILL** be allowed in the classroom for snacks (Pre-S through 3rd grade) and special classroom parties.
- 2) Pre-packaged items are required for celebratory parties; either individually wrapped or large factory sealed bags/boxes . . . the teacher will open and distribute the treats to the class . . . i.e., a large bag of cheese cubes (cheddar) & large box of Ritz crackers.
- 3) Please read the ingredient label **BEFORE** buying a food item. If there is mention of **peanuts/tree-nuts** (cashews, almonds, walnuts, etc.) anywhere on the ingredient statement or made in a facility that processes nuts **DO NOT BUY!!**
- 4) Any food that is not on the list but **clearly labeled "nut free"** will be allowed in the classroom. Please let the School Nurse know if a food is no longer safe. Ingredients have been known to change without notice.

Because of cross-contamination concerns, there can be absolutely no home baked goods allowed in the classroom.

ST. PETER SAFE FOOD LIST

Below is a list of allowable foods for classroom snacks. Please buy only brands listed as many generic brands are not safe.

Fruit	<ul style="list-style-type: none"> • Fresh • Single serve fruit cups or pouches • Apple sauce • Fruit Snacks
Vegetables	Fresh
Cheese	<ul style="list-style-type: none"> • Hard cheese • Cottage cheese • String cheese
Yogurt	<ul style="list-style-type: none"> • GoGurt • Individual yogurt cups (no toppings)
Crackers	Nabisco: <ul style="list-style-type: none"> • Ritz • Saltines

	<ul style="list-style-type: none"> • Wheat Thins <p>Pepperidge Farm:</p> <ul style="list-style-type: none"> • Goldfish Crackers (original or cheddar) <p>Annie's:</p> <ul style="list-style-type: none"> • Cheddar Crackers • Classic Crackers • Graham Crackers • Bunny Crackers
Pretzels/Healthy Chips	<ul style="list-style-type: none"> • Rold Gold Pretzels • Sensible Solution Veggie Straws • Sun Chips
Popcorn	<ul style="list-style-type: none"> • Pirates Booty • Skinny Pop
<p>Sweet Treats</p> <p>The items listed are for an occasional sweet treat, and should not be used for a daily snack</p> <p>Sweet Treats continued</p>	<p>Honey Maid:</p> <ul style="list-style-type: none"> • Graham crackers (original) • Teddy Grahams • Snack Pack Pudding (vanilla or choc) <p>Jell-O Individual Cups</p> <p>Kellogg:</p> <ul style="list-style-type: none"> • Rice Krispie Treat (original) <p>Nabisco:</p> <ul style="list-style-type: none"> • Vanilla Wafer Cookies • Oreo Cookies (original) <p>Betty Crocker:</p> <ul style="list-style-type: none"> • Fruit Roll Ups • Fruit Gushers • Fruit By The Foot • Fruit Snacks <p>Dum Dum Pops</p> <p>Life Savers (Including Gummies)</p> <p>Skittles</p> <p>Starburst</p> <p>Twizzlers</p>

At this time, these foods provide allergen statements that exclude nuts. You should be aware that manufacturers can change the product, or add a line to production that includes nuts. Always read the label first! When in doubt, don't buy the product and choose a product with a clear allergen statement.