

August 28, 2019

Dear Parents and Friends,

This letter is being sent to remind you know that your student has classmates diagnosed with allergies to:

### Peanuts/Tree nuts and chickpeas

In order to keep these children safe, we are asking for your help. There are a few things we can do to make things safe for everyone. We are asking that you avoid sending peanuts/tree nuts or chickpeas or foods containing peanuts/tree nuts or chickpeas. Please remind your child about the importance of handwashing after eating snacks and lunch.

We ask that you speak to your child about sharing snacks. Because we want our children to be generous, it may be difficult to explain why we cannot share snacks. Remind them throughout the year, especially around the holidays: share toys, share smiles, share pencils, but not food.

We hope that by following these simple steps we can eliminate any problems. If you have any questions, please feel free to call the teacher or school nurse anytime @ 978-640-7875, Ext 2.

On the back of this letter are some suggestions of peanut and tree nut free snacks for school from holleygraniger.com, who is a registered dietician.

Thank you in advance for your cooperation in this matter.

Sincerely,

Angie Reaney  
North Street School Nurse

# 50

# Nut-Free Snacks for School



## PRODUCE

- fresh fruit (apple, orange, banana, berries)
- fresh veggies (carrots, celery, broccoli, bell pepper strips, grape tomatoes)
- applesauce cup
- raisins
- dried fruit
- canned fruit/veggies in water
- mandarin orange fruit cup

## SALTY

- pretzels
- roasted chickpeas
- popcorn
- crackers
- sunchips
- goldfish/cheddar bunnies
- rice cakes
- pirate's booty
- pita chips
- potato chips
- tortilla chips
- veggie straws

## DAIRY

- cheese (stick, cubes, round, slice)
- yogurt tube
- yogurt pouch
- yogurt cup
- cottage cheese
- pudding cup

## SWEET

- graham crackers
- teddy grahams
- nilla wafers
- fruit leather
- fruit snacks
- marshmallows
- jello cup
- cereal bar
- rice krispy treat
- hershey kiss
- fig newtons
- dry cereal
- fruit snacks
- fruit-flavored candy

## COMBO FOODS

- guacamole
- fruit kabobs
- fruit & cheese kabobs
- caprese skewers
- fruit & yogurt parfait
- veggies & ranch
- homemade muffin
- cheese & crackers
- homemade nut-free energy balls
- snack mix
- ham & cheese roll-up