



2022-2023 Instructions for Nut-Safer Food Items (Including Student Birthday/Holiday Party Treats or Daily Snacks) June 2022

According to a study released in 2013 by the Centers for Disease Control and Prevention, food allergies among children increased approximately 50% between 1997 and 2011. Peanuts and tree nuts are the most common cause of severe allergic reaction in children and is the most common cause of severe food allergy among our students. While the district has procedures in place to address allergic reactions, including other food allergies, the following “Nut-Safer” procedures were developed to assist the large number of nut-allergic students in avoiding their allergen. ***Please be aware that the enclosed list is not a substitute for the reading of labels as recipes and ingredient lists may change without notice.*** The list is a quick reference to assist in finding products whose labeling indicates nut safety. The items on the list may change throughout the year as the district is made aware of product changes and recalls.

- All foods brought into school for special events must be purchased in stores and cannot be homemade products in order to reduce the possibility of cross contact.
- All items provided must be packaged and include a complete imprinted ingredient label. The key to avoiding a reaction is reading the ingredient label at the time of consumption. Always read the entire ingredient label because nuts are often found in unexpected and surprising ingredients. Many spices, flavorings, and additives are allergenic and don't have their sources disclosed. Some examples of such ingredients include artificial nuts, butternut, calisson, cashew flavoring, chinquapin, coconut, filberts, gianduja, hypogaic acid, hydrolyzed plant protein, hydrolyzed vegetable protein, lupine, mandelonas, marzipan, nougat, pecans, pistachios, and others.
- A parent/guardian may provide a safe snack supply that will be stored in the classroom for the food-allergic student.

While the Food Allergen Labeling & Consumer Protection Act of 2004 (FALCPA) requires manufactures to clearly list nut ingredients on product labels, the specific warnings of “may contain nuts,” “produced on shared equipment with nuts or peanuts” and “produced in a facility that also processes nuts” is voluntary. ***Do not purchase if the label states the food contains any nut product, or traces of nuts, or made in a manufacturing plant with nut products or made on shared equipment with nut products.***

We ask all parents to choose from this list of brand-specific foods or choose foods clearly labeled as “not containing nuts” when selecting birthday snacks or class snacks. By limiting the type of food entering the school, we will be better able to provide a safer environment for our students with nut food allergies.

Criteria: Snacks listed in this guide were selected based on the following criteria:

- they do not contain peanuts and tree nuts;
- their packaging lists no warning that these allergens may have been introduced during manufacturing; and
- the product is available locally.

Understandably, product availability is continually changing; manufacturers are always introducing new items, reformulating current products and discontinuing selected items. Therefore, ***a product's inclusion on this list is not a guarantee that the product is nut-free.*** The district relies on the listed ingredients and information found on the manufacturer's website to develop this list. Because each product may have multiple product lines and producers, contacting each individual manufacturing plant for each product is not feasible. This list is specific for nut allergies – some of the items listed will not be safe for other food allergies.

Patrons may make recommendations of products for committee review and possible inclusion in future school year listings. To do so, please complete and submit a “Recommended Permitted Food Item Request” form to:

Blue Valley School District
Assistant Superintendent of Special Education
15020 Metcalf
Overland Park, KS 66223

Revised June 1, 2022: Nut-Safer Instructions and Food List for Special Events

*Principals may consider using this information for building guidance, education for staff and parents, and/or as a reference guide.



Branded List of Permitted Food Items

(Including Student Birthday/Holiday Party Treats or Daily Snacks)

2022-2023

In the interest of supporting healthy schools, we have separated snacks with more nutritional value under “Daily Snacks” and products with less nutritional value under “Special Occasions.”

Items to consider for *Daily Snack*

Any healthy snack which is (1) a packaged product that (2) includes an ingredient label, and (3) clearly displays a “No Nuts,” or “Made in a nut-free facility,” label is also allowed in the nut-safer classroom. ***If the product is not included on this list, a parent must show the label to the office before taking the snack to the classroom.***

Approved Brands

Increasingly companies are manufacturing products specifically for individuals with life-threatening allergies. In addition to being nut-safer, these products frequently are also safe for other food-based allergies. Based on packaging claims, all products from the following brands are approved for nut-safer classrooms:

Enjoy Life Foods: “Free from the “top eight” allergens: Wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. (enjoylifefoods.com)

Lucy’s: “Gluten free and made without milk, eggs, peanuts, or tree nuts.” (westminstercrackers.com)

Home Free: “Made in a dedicated bakery free of peanuts, tree nuts, eggs, dairy, wheat, and gluten.” (homefreetreats.com)

Don’t Go Nuts: “Our nut-free ingredients are processed using only nut-free equipment.” (dontgonuts.com)

Mama Resch’s: “No gluten, wheat, corn, soy, casein, dairy, peanuts, tree nuts, all natural.” (mamareschs.com)

Safely Delicious: “SAFELY DELICIOUS® snacks are Gluten Free, Dairy Free, Peanut Free, Tree Nut Free, Soy Free and Egg Free and are made in a dedicated commercial facility containing none of these food allergens”. (safelydelicious.com)

FRESH FRUITS & VEGETABLES

- Organic or conventional

DRIED & CANNED FRUIT

- Raisins - **NOT** yogurt covered (*Best Choice, Sunmaid Organic*)
- Craisins (*Ocean spray*)
- Sunsweet Prunes (*Sunsweet*)
- Canned fruit - small individual containers (*Del Monte*)
- Applesauce-small individual containers (*Best Choice, Mott’s, Musselman’s, Kirkland’s Organic Pouch, Materne, GoGo Squeeze, Simple Nature*)

CEREAL

- Apple Zings (*Malt-O-Meal*)
- Berry Colossal Crunch (*Malt-O-Meal*)
- Chex: Corn, Rice, Wheat, Cinnamon, Blueberry, Vanilla, Chocolate (*General Mills*)
- Cascadian Farms: Graham Crunch, oats & honey granola, gluten free honey vanilla crunch cereal (*Cascadian Farms*)
- Cinnamon Toast Crunch (*General Mills*)
- Cinnamon Toasters (*Malt-O-Meal*)

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- Cheerios: cinnamon, peach, chocolate, frosted, fruity, multi grain, apple cinnamon, blueberry, strawberry, very berry, regular (*General Mills*)
- Cocoa Roo's (*Malt-O-Meal*)
- Crispy Rice (*Malt-O-Meal*)
- Fruity Dyno Bites (*Malt-O-Meal*)
- Golden Grahams (*General Mills*)
- Graham Crunch (*Cascadian Farms*)
- Golden Puffs (*Malt-O-Meal*)
- Honey Graham Toasters (*Malt-O-Meal*)
- Heart to Heart Cereal: Honey Toasted, Warm Cinnamon Oat, big bites, chocolate, original (*Kashi*)
- Honeycomb (*Post*)
- Honey Buzzers (*Malt-O-Meal*)
- Kix: Honey, Berry-Berry, or Original (*General Mills*)
- Lucky Charms (*General Mills*)
- Marshmallow Matey's (*Malt-O-Meal*)
- Mini Wheats: Chocolate, Original, Frosted, Strawberry (*Kellogg's*)
- Shredded Wheat: Original, (*Post*)
- Frosted Mini Spooners: Original, Strawberry Crème, Cinnamon Roll, Blueberry (*Malt-O-Meal*)
- Tootie Fruities (*Malt-O-Meal*)
- Trix (*General Mills*)

DAIRY PRODUCTS

- Cottage Cheese: Fat Free, Low fat and Old Fashion (*Anderson/Erickson Dairy*)
- Cottage Cheese: (*Good Culture*)
- Mozzarella Snacking Cheese – Fontina, Parmesan, Asiago (*BelGioioso*)
- Laughing Cow: (Little Dippers & Cheese Wedges) Original, Swiss garlic, creamy Swiss, white cheddar, asiago, mozzarella (*Laughing Cow*)
- String Cheese (*Crystal Farms, Frigo and Sargento*)
- Stringles (*Organic Valley*)
- Babybel Cheese: Original, Gouda, Light, Mozzarella, Sharp Original, White Cheddar.

YOGURTS

- Yogurt: Blueberry, Vanilla, Strawberry, Strawberry Banana (*Anderson/Erickson Dairy*)
- Yogurt Blends, Fruit on the Bottom, Yo Baby, Organic Kids, fruit and veggie pouch, yogurt tubes and pouches (*Stoneyfield*)
- Yogurt: 6 oz: Light and Fit, Danimals, yogurt smoothies – mango, strawberry, strawberry banana (*Dannon*)
- Yogurt: GoGo Squeeze Yogurtz (*Materne*)
- Yogurt: Greek, Smoothie, Fruit Side, Dunkaroos, Simply, Trix, and Go-gurt: original, mixed berry, strawberry, French vanilla (*Yoplait*)
- Yogurt: Goat Milk Option: Vanilla, Blueberry Strawberry, Plain (*Redwood Hill Farm*)

BOXED JUICES & DRINKS

- Fruit/box drinks (*Minute Maid Juice, Capri Sun, Hi-C, Kool-Aid, Honest Juice*)
- Apple juice (*Martinellis*)
- Hot Chocolate: Rich Milk Chocolate (*Nestle*)

CRACKERS

- Cheddar Bunnies: Organic, Sour Cream and Onion, White Cheddar, Whole Wheat, Pizza, Cheddar Squares, classic (*Annie's Homegrown*)
- Cheez-it: original, Grooves, Snap'd: snack mix (*Sunshine*)
- Goldfish: original, cheddar, colors, parmesan, pizza, pretzels, mix, princess, hot coco, S'mores, vanilla, cupcake, fudge, brownie, cookies & cream, honey, cinnamon, and whole grain cheddar, Flavor Blasted (*Pepperidge Farm*)
- Organic Honey Graham Crackers (*Annie's Homegrown*)

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- Grahams Crackers: Original (*Keebler*), Cinnamon Honey (*Skeeter Nut Free*)
- Graham Crackers: Honey, Cinnamon, Chocolate (*Honey Maid*)
- Saltine Crackers: Original, whole wheat (*Nabisco/Keebler*)
- Ritz Cracker: Original, Whole Wheat, Reduced fat, crisp & thins, cheese crispers (*Nabisco*)
- Organic Saltine Classics (*Annie's Homegrown*)
- S'moreables (*Kinnikinnick Foods*)
- Triscuit: Original, reduced fat. Hint of salt (*Nabisco*)
- Wheat Thins: Original (*Nabisco*)
- Crunch Master: Original, Multi Seed Crackers

POPCORN

- Healthy Pop Popcorn: Kettle Corn, White and yellow kernels (*Jolly Time*)
- Natural and Butter Flavor (*Newman's Own*)
- Popcorn (*Act II, Best Choice, Pop Secret*)
- Organic Yellow Popcorn (*Arrowhead Mills*)
- Skinny Pop

PUDDING & GELATIN

- Handi Snack Pudding Cups: Regular and Sugar Free: Chocolate, Vanilla (*Kraft*)
- Snack Pack Pudding Cups/ Jello: Regular, Chocolate, Vanilla, Juicy Gels (*Hunt's/ConAgra Foods*)
- Gelatin Cups: Regular and Sugar-Free (*Jello*)

MISC. FOODS

- Beef Jerky: Original (*Jack Links, Slim Jim*)
- Dakota Style Sunflower Seed Kernels: Original, No Salt, and Honey Roasted (*Dakota Style*)
- Rice Snacks: Rice Crisps. Rice Cakes: apple cinnamon, white cheddar, chocolate, caramel, tomato-basil. (*Quaker*)
- Organic Guacamole minis and Classic Guacamole (*Wholly Guacamole*)
- Salsa (*Pace, Tostito's, Taco Bell, Amy's*)
- Wowbutter, Sunbutter

Additional Items to consider for *Special Occasions*

Any snack which is (1) a packaged product that (2) includes an ingredient label and (3) clearly displays a "No Nuts," "made in a nut-free facility" or "Allergy Free" labels are also allowed in the nut-safer classroom. ***If this product not included on this list, the parent must show this label to the office before taking the snack to the classroom.***

Approved Brands

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Don't Go Nuts: "Our nut-free ingredients are processed using only nut-free equipment."

Enjoy Life Foods: "Free from the "top eight" allergens: Wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish."

Home Free: "Made in a dedicated bakery free of peanuts, tree nuts, eggs, dairy, wheat, and gluten."

Lucy's: "Gluten free and made without milk, eggs, peanuts, or tree nuts."

Mama Resch's: "No gluten, wheat, corn, soy, casein, dairy, peanuts, tree nuts, all natural."

Surf Sweets: "Free of the 10 Most Common Allergens. Made in Nut-Free Facility."

Safely Delicious: "SAFE DELICIOUS® snacks are Gluten Free, Dairy Free, Peanut Free, Tree Nut Free, Soy Free and Egg Free and are made in a dedicated commercial facility containing none of these food allergens". (safelydelicious.com)

CANDY

- Andes Mints (*Tootsie Roll*)
- Blow Pops (*Charms*)
- Candy Canes (*Spangler Candy, Bob's Red & White Mint Canes*)
- Child's Play (*Tootsie Roll*)
- Chocolate Chips- Semi sweet and Dark Chocolate (*Enjoy Life*)
- Dots (*Tootsie Roll*)
- Double Bubble (*Tootsie*)
- Dum Dum Pops (*Spangler Candy*)
- Jolly Rancher Hard Candy (*Hershey's*)
- Junior Mints (*Tootsie Roll*)
- Lifesaver: Hard Candies, Gummies (*Wrigley*)
- Lollipops, organic (*Yum Earth*)
- Marshmallows: Regular (*Kraft*)
- Organic jelly beans, Gummy Bears, Gummy Worms (*Surf Sweets*)
- Pez Candy (*Pez*)
- Red Vines: Original twists, mixed berry, grape, strawberry, black twists (*American Licorice Co.*)
- Skittles: Original (*Wrigley*)
- Smarties: original & giant (*Smarties*)
- Sweet Tarts: chewy, gummies, rope bites, mini chewy, whipped & tangy, soft bits, original, jelly beans (*Nestle*)
- Starburst Fruit Chews: Original, FavReds and Tropical, Jelly Beans (*Wrigley*)
- Tootsie Pops (*Tootsie Roll*)
- Tootsie Roll: Midgees, assorted (*Tootsie Roll*)
- Twizzlers: Cherry and Strawberry Twists, Rainbow Twists, Cherry Peel and Pull, Cherry Bites (*Hershey*)

FRUIT SNACKS

- Fruit by the Foot, Fruit Rollups, Gusher's (*General Mills*)
- Fruit Crisps (*Brothers All Natural*)
- Fruit Snacks (*Motts*)
- Organic Bunny Fruit Snacks – sunny citrus, really peely, berry patch, tropical treat (*Annie's Homegrown*)

CHIPS

- Bugles: Original (*General Mills*)
- Cheetos: Baked, Crunchy and Puffs (*Frito Lay*)
- Doritos: Cool Ranch, Taco flavor, and Nacho Cheese (*Frito Lay*)
- Fritos: Chili Cheese, Original, Twisted Honey BBQ, and Scoops (*Frito Lay*)
- Funyuns (*Frito Lay*)
- Late July: Organic, blue corn, lime, sea salt, no grain, lime, chia & quinoa potato chips (*Late July*)
- Mission Tortilla Chips: Rounds, Strips and Triangles (*Mission*)
- Organic Snack Mix (*Annie's Homegrown*)
- Pirate's Booty: White Cheddar, Veggie Sticks and Fruit Sticks (*Pirate Brands*)
- *Popcorners* Chips: sweet & salty kettle corn, sea salt, spicy queso, sweet chili, cinema style butter, jalapeno cheddar
- Potato Chips: Kettle, Baked, Classic and Wavy, Ruffles potato chips (*Frito Lay*)
- Pretzels: Sticks, Mini, Snaps (*Snyder's of Hanover*)
- Pringles: Cheddar, Original, Snack Stack and Sour Cream and Onion, BBQ & Sticks (*Pringles*)
- Pretzels: Rods, Tiny Twist, Cheddar, Sticks (*Rold Gold*)
- Sun Chips: Cheddar, French Onion, Garden Salsa and Original (*Frito Lay*)
- Tostito Tortilla Chips: Baked, Bite Size, Hint of Lime, Multigrain, Restaurant Style/Scoops (*Frito Lay*)
- Way Better Snacks Tortilla Chips: Sweet Potato, Multi Grain, Blue Corn, and Black Bean (*Simply Sprouted*)
- Harvest Snaps

COOKIES/BARS

- Animal Crackers (*Keebler & Barnums-Nabisco*)
- Bunny Cookies: Cocoa and Vanilla, Gluten free, cinnamon, birthday cake, chocolate chip (*Annie's Homegrown*)
- Bunny Grahams: Chocolate, Chocolate chip, Cinnamon, Honey (*Annie's Homegrown*)
- Chocolate Chip Cookies & Chocolate Sandwich Cookies (*Annie's Homegrown*)
- Belvita Breakfast Biscuits (*Nabisco*)
- *Benton's* Chocolate Cookies
- Chips Ahoy: Chewy, Original and Reduced Fat (*Nabisco*)
- Chocolate Chip Mini Cookies (*Skeeter Nut Free*)
- Dick & Jane Educational Snacks: Cookies
- Enjoy Life Soft Baked Chewy Bars: caramel blonde, lemon blueberry poppy seed, caramel apple, coco loco (*Enjoy Life*)
- Vegan Granola Bars, Crispy Light Granola & Mini Bars: Apple Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry, Cocoa Crunch, and Strawberry (*Made Good*)
- Crispy Squares: Vanilla, Chocolate Chip, Strawberry, and Caramel (*Made Good*)
- Soft Baked Mini Cookies: Apple Cinnamon, Double Chocolate, Chocolate Chip, and Chocolate Banana (*Made Good*)
- Oreo: Original, thins, gluten free, Chocolate Cream, Golden, Chocolate Mint, Double-Stuff, Birthday Cake (*Nabisco*)
- Ginger Snaps (*Nabisco*)
- Grahams: Cinnamon and Honey (*Skeeter Nut Free*)
- KinniToos: Chocolate Sandwich and Vanilla Sandwich (*Kinnikinnick Foods*)
- Montana's Chocolate Chips Cookies (*Kinnikinnick Foods*)
- Pastry Crisps: Chocolate, Strawberry, Cookies N' Cream, Blueberry, Brown Sugar Cinnamon, Caramel Latte (*Kellogg's*)
- Rice Krispies Marshmallow Treat: Original (*Kellogg*)
- Scooby Doo Graham Cracker Sticks: Honey and Cinnamon (*Keebler*)
- Snackwell's: Crème Sandwich (*Kraft*)
- Teddy Grahams: Chocolate, Chocolate Chip, and Cinnamon (*Nabisco*)
- Vanilla Wafers: Mini, or Original (*Keebler*)
- Crunchy Rollers: Rice Rollers; Apple Cinnamon, Mixed Berry, Caramel Sea Salt, Strawberry, Original Brown Rice.
- Mini Chocolate Chip Cookies (*Kirkland Signature*)
- Crunchables – Apples + Pumpkin Seeds (*That's it*)
- Fruit Bar – Strawberry, Blueberry & Mango minis, variety pack. (*That's it*)
- Granola Pop – Rainbow Sprinkles, Cinnamon Sugar, Chocolate, Blueberry, Strawberry (*This Saves Lives-Kids*)
- Snack Bars – Beehive Jive Oats and Honey, Elephant Apple Crisp, Smores Blast, Chocolate Chip “Dino”mite, Rockin Strawberry (*This Saves Lives-Kids*)
- Krispy Treats - Unicorn Sprinkle Surprise, Crocodile Chocolate Crunch, Bigfoot Campfire Smores, Mammoth Marshmallow Krisp, Dragon's Dream Cookies n Cream (*This Saves Lives-Kids*)
- Seed Based Bars – Blueberry Lemon, Raspberry, Smores (*Blake's*)
- Seed Based Rice Crispy Treats – Chocolate Chip, Strawberry, Birthday Cake, Pumpkin Spice (*Blake's*)
- Smart Bars – Carrot Raisin, Blueberry Banana Sweet Potato, Strawberry Beet, Apple Kale (*Cerebelly Smart Bars*)
- Fruit & Veggie Strips/Bars – Berry Orchard, Cherry Berry, Strawberry Mango, Raspberry Blueberry, Wild Berry, Peach Raspberry, Apple/Pear/Carrot Strips (*Good & Gather*)

MEAT/JERKY

- Beef/turkey/meat sticks – Original Beef, Salt and Pepper Venison, Italian Style, Pepperoni Seasoned Turkey, Original Turkey Chomplings (*Chomps*)
- Biltong Stick – Original, Spicy Peri Peri, Hatch Green Chile (*Stryve*)

ICE CREAM

- Popsicles & Creamsicle, Fudgesicle, Fruit Pops (*Popsicle*)
- Minute Maid: juice Bars, frozen lemonade, lemonade raspberry, limeade, limeade cherry (*Minute Maid*)

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- Welch's 100% Juice Ice Bars
- Philly Swirl: Cups, ICEE Mix it up, Jungle Swirls, Swirls, and Poppers.

SNACK CAKES & DONUTS

- Donuts: Cinnamon Sugar, Chocolate Dipped, Chocolate Chip, Maple and Vanilla Glazed (*Kinnikinnick Foods*)
- Muffins: Lemon Blue Berry, Quinoa Spice (*Kinnikinnick Foods*)
- Garden Lite Muffins: double chocolate, banana chocolate chip, blueberry oat, ninja power, carrot berry, and cranberry orange (*Veggies Made Great*)
- Rich & Creamy Vanilla Frosting (*Betty Crocker*)

The preceding list will be reviewed annually. Please note that the district is reliant on the listed ingredients and information found on the manufacturer's websites. This list is specific for nut allergies – some of the items listed will not be safe for other food allergies. If in any doubt, student should not consume the food in question.



Blue Valley School District Student Birthday/Holiday Party Treats or Daily Snacks Request Form

*This Request Form is to be used when recommending a food item be added to the
"Branded List of Permitted Food Items for Special Events"*

Name: _____ Date: _____

School: _____ Email: _____

What grocery store(s) stocks this product? _____

Food Item: _____

Flavor or Version, if applicable: (for example, Original, Nacho, Chocolate, etc.) _____

Brand: _____

Rationale for adding this item to the permitted food item list: _____

The following information must be attached and found to be nut-free for consideration:

1. Copy of the product's ingredient statement
2. Ingredient list from manufacturer's website

All recommended products are reviewed annually for potential inclusion in the next school year's permitted food list.

Submit completed request form to:

Blue Valley School District
Assistant Superintendent of Special Education
15020 Metcalf
Overland Park, KS 66223

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