



Instructions for Food at Special Events (Including student Birthday treats or Holiday Party class snacks) 2012-13

It is of utmost importance that the allergic student has complete avoidance of their allergen. The following instructions are in place in order to provide a "Nut-Safer" environment for students with life threatening allergies:

- To reduce the possibility of cross-contamination contact, foods brought into school for special events must be purchased in stores and NOT be homemade products.
- The key to avoiding a reaction is reading the ingredient label at the time of consumption. All items provided must be individually packaged with a complete imprinted ingredient label. If a product does not have a label, a student with a food allergy should NOT eat that food.
- It is the responsibility of the parent/guardian to provide a safe snack supply that will be stored in the classroom for the food allergic student.

We are asking all parents to choose from this list of brand specific foods 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 children with nut food allergies, other health conditions, and encourage healthy eating.

Understandably, product availability is continually changing. Manufacturers are always introducing new items, reformulating current products and may also discontinue selected items. Therefore, a product's inclusion on this list should not be interpreted as a guarantee that the product is nut-free. **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.**

Again, the safest and most accurate method to avoid a reaction is reading the label for all foods at the time of consumption. Therefore, providing individually packaged items with a complete imprinted ingredient label is most desirable. If in any doubt, student should not consume the food in question.

Blue Valley Food and Nutrition Services catering service is also available to provide classroom snacks and treats. Catering arrangements can be made through the Food and Nutrition Services office, (913) 239-4532 or via e-mail: catering@bluevalleyk12.org.

The following list was gathered by the District Health Committee, and will be reviewed annually. Please note that District Health Committee is reliant on the listed ingredients and information found on the manufactures website. 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.

This list is intentionally limited to enable proper management of its contents. Patrons may make recommendations of products for committee review and possible inclusion in future school years listings. To do so, please complete and submit a "Recommended Permitted Food Item Request" form to:

Blue Valley School District
Executive Director of Student Services
15020 Metcalf
Overland Park, KS 66223

August 1, 2012

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 for Special Events

(Including student Birthday Treats or Holiday Party class snacks)
2012-13

Misc. Foods:

- Beef Jerky: Original (**Great Value – Wal-Mart**)
- Cottage Cheese: Fat Free, Low fat, Large Curd & Old Fashion (**Anderson/Erickson Dairy**)
- Fruit/box drinks or water (Minute Maid Juice, Capri Sun, Hi-C, Kool-Aid Jammers)
- Fresh fruit
- Raw vegetables
- Raisins - **NOT** yogurt covered (**Sunmaid**)
- Applesauce-small individual containers (**Mott's, Musselman's**)
- Applesauce on the go: appleapple, applebanana, applecinnamon & applestrawberry (**Materne GoGo squeeze**)
- Canned fruit - small individual containers (**Dole, Del Monte**)
- Mini Bagels: 100% Whole Wheat, Blueberry, Brown Sugar Cinnamon, Plain (**Thomas**)
- String Cheese (**Best Choice, Crystal Farms, Frigo, Kraft & Sargento**)
- Salsa (**Pace, Tostito's, Taco Bell**)
- Yogurt: Greek: Blueberry, Plain, Clementine, Vanilla (**Anderson/Erickson Dairy**)
- Yogurt: Greek: Plain, Honey, Strawberry, Vanilla, Blueberry (**Dannon**)
- Yogurt: 6 oz: 1% & Non Fat Flavors (**Belfonte**)
- Yogurt: 6 oz: Non Fat Light & Fit Flavors (**Dannon**)
- Yogurt tubes: Gogurt (**Yoplait**)

Cereal:

- Alpha-Bits (**Post**)
- Apple Zings (**Malt-O-Meal**)
- Autumn Wheat (**Kashi**)
- Berry Colossal Crunch (**Malt-O-Meal**)
- Cinnamon Toast Crunch (**General Mills**)
- Cinnamon Toasters (**Malt-O-Meal**)
- Cheerios: apple cinnamon, chocolate, frosted, fruity, multi grain, regular or yogurt burst (**General Mills**)
- Cocoa Roos (**Malt-O-Meal**)
- Cookie Crisp (**General Mills**)
- Crispy Rice (**Malt-O-Meal**)
- Fruity Pebbles (**Post**)
- Fruity DynoBites (**Malt-O-Meal**)
- Golden Crisps (**Post**)
- Golden Puffs (**Malt-O-Meal**)
- Golden Grahams (**General Mills**)
- Honey Graham Squares (**Malt-O-Meal**)
- Heart to Heart Cereal: Honey Toasted & Warm Cinnamon (**Kashi**)
- Honeycomb (**Post**)
- Honey Buzzers (**Malt-O-Meal**)
- Kix: honey or original (**General Mills**)
- Lucky Charms (**General Mills**)
- Marshmallow Mateys (**Malt-O-Meal**)

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- Shredded Wheat spoon size: Original & Lightly Frosted (**Post**)
- Frosted Mini Spooners: Original & Strawberry Crème (**Malt-O-Meal**)
- Tootie Fruities (**Malt-O-Meal**) Trix (**General Mills**) Crackers, Chips & Popcorn:
- Bunny Grahams: Chocolate, Chocolate chip, Cinnamon, Honey & Original (**Annie's Homegrown**)
- Cheddar Bunnies: Organic, Original, Sour Cream & Onion, White Cheddar, Whole Wheat (**Annie's Homegrown**)
- Cheez-it (**Sunshine**)
- Club & Cheddar Sandwich Crackers (**Keebler**)
- Goldfish: Cheddar, Colors, Flavor Blasted Xtra Cheddar, Parmesan, Pizza, Pretzels & Whole Grain Cheddar (**Pepperidge Farm**)
- Grahams Crackers: Honey & Original (**Keebler**)
- Honey Maid Graham crackers (**Nabisco**)
- Handi Snacks: Breadsticks & Cheese & Crackers 'n Cheese Dip (**Kraft**)
- Premium Saltine Crackers: Original & Wholegrain (**Nabisco**)
- Ritz Cracker: Original, Reduced Fat, Whole Wheat (**Nabisco**)
- Zesta Saltine Crackers: Original & Whole Wheat (**Keebler**)
- Bugles: Original & Nacho Cheese (**General Mills**)
- Cheetos: Baked, Crunchy & Puffs (**Frito Lay**)
- Doritos: Cool Ranch & Nacho Cheese (**Frito Lay**)
- Fritos: Chili Cheese, Original & Scoops (**Frito Lay**)
- Funyuns (**Frito Lay**)
- Halloween Pretzels (**Utz**)
- Mission Tortilla Chips: Rounds, Strips & Triangles (**Mission**)
- Munchies: Cheese Fix, Totally Ranch (**Frito Lay**)
- Potato Chips: Baked, Baked BBQ, Baked Sour Cream & Onion, BBQ, Cheddar & Sour Cream, Classic & Sour Cream & Onion, (**Frito Lay**)
- Pringles: 100 Calorie, Cheddar, Original, Snack Stack & Sour Cream & Onion (**Pringles**)
- Rold Gold Pretzels: Rods, Sticks, Tiny Twists & Thins (**Frito Lay**)
- Ruffles: Baked, Light, Original, Reduced Fat, Sour Cream & Cheddar & Sour Cream & Onion (**Frito Lay**)
- SunChips: Cheddar, French Onion, Garden Salsa & Original (**Frito Lay**)
- Tostito Tortilla Chips: Baked, Bite Size, Hint of Lime, Multigrain, Restaurant Style/Scoops (**Frito Lay**)
- Wavy Potato Chips: Original, BBQ & Ranch (**Frito Lay**)
- Healthy Pop Popcorn: Kettle Corn (**Jolly Time**)
- Smart Pop Mini Bags: Butter, Kettle Korn & Movie Theater Butter (**Orville Redenbacher's**)
- Popcorn (**Act II, Best Choice, Pop Secret**)

Cookies:

- Animal crackers (**Barnum's**)
- Chips Ahoy (**Nabisco**)
- Fudge Shoppe: Fudge Stripes (**Keebler**)
- Golden Oreo: Original & Chocolate Cream (**Nabisco**)
- Ginger snaps (**Nabisco**)
- Graham Bites (**Keebler**)
- Lorna Doone (**Nabisco**)
- Oreo brownies (**Nabisco**)
- Oreo cookies: Original, Double Stuff & Cool Mint (**Nabisco**)
- Rice Krispies Marshmallow Treat: Original, Chocolatey Drizzle & Strawberry (**Kellogg**)
- Scooby Doo Graham Cracker Sticks: Honey & Cinnamon (**Keebler**)
- Snackwell's: Crème Sandwich (**Kraft**)

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- Teddy Grahams: Chocolate, Chocolately Chip, Cinnamon & Honey (**Nabisco**)
- Vanilla wafers (**Nabisco or Keebler**)

Snack Cakes/Donuts:

- Donuts: (**Krispy Kreme**)
- Hostess Cakes: Ding Dongs, Ho Ho's & Twinkies (**Hostess**)
- Mini donuts: Chocolate Frosted (**Hostess Donettes**)

Ice Cream, Pudding & Gelatin:

- Popsicles (**Popsicle**)
- Fudgsicles (**Fudgsicle**)
- Sherbet Cups (**Blue Bunny**)
- Ice Cream Cups: Dutch chocolate & Vanilla (**Blue Bell**) (**NOT Blue Bunny**)
- Handi Snack Pudding Cups: Regular & Sugar Free: Chocolate, Vanilla (**Kraft**)
- Snack Pack Pudding Cups: Regular & Fat Free: Chocolate, Vanilla (**Hunt's/ConAgra Foods**)
- Gelatin Cups: Regular & Sugar Free (**Jello**)

Candy & Fruit Snacks:

- Andes Mints (**Tootsie Roll**)
- Dum Dum Pops (**Spangler Candy**)
- Jelly Beans (**Brach's**)
- Jolly Rancher Hard Candy (**Hershey's**)
- Junior Mints (**Tootsie Roll**)
- Lifesaver: Hard Candies (**Wrigley**)
- Life Saver Gummies (**Wrigley**)
- Nerds (**Wonka**)
- Pixie Stick (**Wonka**)
- Red Vines: Original Twists & Black Twists (**American Licorice Co.**)
- Skittles: Original (**Masterfoods**)
- Sweet Tarts (**Nestle**)
- Starburst Fruit Chews: Original, FavReds & Tropical (**Masterfoods**)
- Starburst Jelly Beans (**Masterfoods**)
- Tootsie Pops (**Tootsie Roll**)
- Tootsie Roll: Midgees (**Tootsie Roll**)
- Twizzlers: Cherry & Strawberry Twists, Rainbow Twists, Cherry Peel & Pull, Cherry Bites (**Hershey**)
- Marshmallows: Regular & Strawberry (**Kraft**)
- Fruit by the Foot (**Betty Crocker**)
- Fruit Rollups (**Betty Crocker**)
- Fruit Smiles (**Great Value (Wal-Mart)**)
- Fruit Snacks (**Welch's**)
- Gusher's (**Betty Crocker**)
- Mixed Fruit Snacks (**Sunkist**)
- Organic Bunny Fruit Snacks (**Annie's Homegrown**)

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Blue Valley School District
Recommended Permitted Food Item Request Form

Name: _____ Date: _____

BV School: _____ e-mail: _____

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 listing 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:

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