



## **Instructions for Nut-Safer Food Items** **(Including Student Birthday/Holiday Party Treats or Daily Snacks)** **2016 - 2017**

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, giandula, hypogaeic 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  
Executive Director of Student Services  
15020 Metcalf  
Overland Park, KS 66223



## **Branded List of Permitted Food Items** (Including Student Birthday/Holiday Party Treats or Daily Snacks) **2016 - 2017**

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. Found at Price Chopper, Whole Foods Market, Natural Grocers, Hy-Vee, Hen House and Target.

**Lucy’s:** “Gluten free and made without milk, eggs, peanuts, or tree nuts.” Found locally at Target, Whole Foods and Hy-Vee.

**Home Free:** “Made in a dedicated bakery free of peanuts, tree nuts, eggs, dairy, wheat, and gluten.” Found locally at Hy-Vee.

**Don’t Go Nuts:** “Our nut-free ingredients are processed using only nut-free equipment.” Found locally at Hy-Vee and some Price Choppers.

**Mama Resch’s:** “No gluten, wheat, corn, soy, casein, dairy, peanuts, tree nuts, all natural.” Independent bakery found locally at 12635 Metcalf, Overland Park, KS (913) 213-5355.

### **FRESH FRUITS & VEGETABLES**

- Organic or conventional

### **DRIED & CANNED FRUIT**

- Raisins - NOT yogurt covered (Best Choice, Sunmaid, Sunmaid Organic)
- Craisins (Ocean spray)
- Sunsweet Prunes (Sunsweet)
- Canned fruit - small individual containers (Del Monte)
- Canned fruit (native Forest)
- Applesauce-small individual containers (Best Choice, Mott’s, Musselman’s, Santa Cruz Organic)
- Applesauce on the go: apple, apple, apple cinnamon and apple strawberry (Materne GoGo squeeze)

### **CEREAL**

- Apple Zings (Malt-O-Meal)
- Autumn Wheat (Kashi)
- Berry Cobbler Granola (Cascadian Farms)
- Berry Colossal Crunch (Malt-O-Meal)
- Chex: Cinnamon, Vanilla (General Mills)
- Cinnamon Crunch (Cascadian Farms)
- Cinnamon Toast Crunch (General Mills)
- Alpha-Bits (Post)
- Cinnamon Toasters (Malt-O-Meal)
- Cheerios: chocolate, frosted, fruity, multi grain, regular (General Mills)
- Cocoa Roo’s (Malt-O-Meal)
- Cookie Crisp (General Mills)
- Crispy Rice (Malt-O-Meal)

Revised August 18, 2016: 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.

- Fruity Pebbles (Post)
- Fruity Dyno Bites (Malt-O-Meal)
- Graham Crunch (Cascadian Farms)
- Golden Crisps (Post)
- Golden Puffs (Malt-O-Meal)
- Golden Grahams (General Mills)
- Honey Graham Toasters (Malt-O-Meal)
- Heart to Heart Cereal: Honey Toasted (Kashi)
- Honeycomb (Post)
- Honey Buzzers (Malt-O-Meal)
- Kix: Honey or Original (General Mills)
- Lucky Charms (General Mills)
- Marshmallow Matey's (Malt-O-Meal)
- Mini Wheats: Chocolate, Original and Strawberry (Kellogg's)
- Purely Os (Cascadian Farms)
- Shredded Wheat spoon size: Original (Post)
- Frosted Mini Spooners: Original and Strawberry Crème (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)
- Mozzarella Snacking Cheese (BelGioioso)
- String Cheese (Best Choice, Crystal Farms, Frigo and Sargento)
- Stringles (Organic Valley)

#### **YOGURTS**

- Yogurt: Greek: Blueberry, Classic, Clementine, Vanilla (Anderson/Erickson Dairy)
- Yogurt: Greek: Plain, Strawberry, Vanilla, Blueberry (Dannon)
- Yogurt Blends, Fruit on the Bottom, Yo Baby, YoTot, YoKids (Stoneyfield)
- Yogurt: 6 oz: Light and Fit (Dannon)
- Yogurt Tubes: Gogurt (Yoplait, Siggi's)

#### **BOXED JUICES & DRINKS**

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

#### **CRACKERS**

- Cheddar Bunnies: Organic, Sour Cream and Onion, White Cheddar, Whole Wheat (Annie's Homegrown)
- Cheez-it (Sunshine)
- Goldfish: Cheddar, Colors, Flavor Blasted Xtra Cheddar, Parmesan, Pizza, Pretzels and Whole Grain Cheddar (Pepperidge Farm)
- Organic Honey Graham Crackers (Annie's Homegrown)
- Grahams Crackers: Original (Keebler), Cinnamon and Honey (Skeeter Nut Free)
- Golden Honey Oat Graham Crackers (Back to Nature)
- Handi Snacks: Breadsticks and Cheese and Crackers 'n Cheese Dip (Kraft)
- Premium Saltine Crackers: Original (Nabisco)
- Ritz Cracker: Original, Reduced Fat, Whole Wheat (Nabisco)
- Organic Saltine Classics (Annie's Homegrown)
- Snack Crackers: Original 7 Grain (Kashi)

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- S'moreables (Kinnikinnick Foods)
- Special K Cracker Chips: Sea Salt (Kellogg's)
- Triscuit Thin Crisps: Original (Nabisco)
- Wheat Thins: Original (Nabisco)
- Organic Stoneground Wheat, Harvest Whole Wheat crackers (Back to Nature)
- Zesta Saltine Crackers: Original and Whole Wheat (Keebler)

#### **POPCORN**

- Healthy Pop Popcorn: Kettle Corn (Jolly Time)
- 100 Calorie Mini Bags: Butter (Act II)
- Natural and Butter Flavor (Newman's own)
- Popcorn (Act II, Best Choice, Pop Secret)
- Original, Black Pepper, Ultra-Light White Cheddar, Naturally Sweet (Skinny Pop)
- Popcorn Kernels (Arrowhead Mills)

#### **PUDDING & GELATIN**

- Handi Snack Pudding Cups: Regular and Sugar Free: Chocolate, Vanilla (Kraft)
- Snack Pack Pudding Cups: Regular, Chocolate, Vanilla (Hunt's/ConAgra Foods)
- Gelatin Cups: Regular and Sugar-Free (Jello)
- Pudding cups (Zen Organic-Soy)

#### **MISC. FOODS**

- Beef Jerky: Original (Jack's, Slim Jim)
- Mini Bagels: 100% Whole Wheat, Blueberry, Brown Sugar, Plain (Thomas)
- Popped Rice Snacks: Apple Cinnamon, BBQ, Cheddar Cheese, Ranch (Quaker)
- Organic Guacamole Minies and Classic Guacamole Minies (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

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:

**Don't Go Nuts:** “Our nut-free ingredients are processed using only nut-free equipment.” Found locally: Hy-Vee and some Price Choppers.

**Enjoy Life Foods:** “Free from the “top eight” allergens: Wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Found at Price Chopper, Whole Foods Market, Natural Grocers, Hy-Vee, Hen House and Target.

**Home Free:** “Made in a dedicated bakery free of peanuts, tree nuts, eggs, dairy, wheat, and gluten.” Found locally: Hy-Vee.

**Lucy's:** “Gluten free and made without milk, eggs, peanuts, or tree nuts.” Found locally: Target, Whole Foods and Hy-Vee.

**Mama Resch's:** “No gluten, wheat, corn, soy, casein, dairy, peanuts, tree nuts, all natural.” Independent bakery found locally at 12635 Metcalf, Overland Park, KS (913) 213-5355.

**Surf Sweets:** “Free of the 10 Most Common Allergens. Made in Nut-Free Facility.” Found locally: Whole Foods, Hy-Vee, Sprouts, Natural Grocers.

### CANDY

- Andes Mints (Tootsie Roll)
- Candy Canes (Bob's Red & White Mint Canes)
- Chocolate Chips- Semi sweet and Dark Chocolate (Enjoy Life)
- Dum Dum Pops (Spangler Candy)
- Jolly Rancher Hard Candy (Hershey's)
- Junior Mints (Tootsie Roll)
- Lifesaver: Hard Candies (Wrigley)
- Life Saver Gummies (Wrigley)
- Lollipops, organic (Yum Earth)
- Marshmallows: Regular (Kraft)
- Organic jelly beans, Gummy Bears, Gummy Worms (Surf Sweets)
- Red Vines: Original Twists and Black Twists (American Licorice Co.)
- Skittles: Original (Wrigley)
- Sweet Tarts (Nestle)
- Starburst Fruit Chews: Original, FavReds and Tropical (Wrigley)
- Starburst Jelly Beans (Wrigley)
- Tootsie Pops (Tootsie Roll)
- Tootsie Roll: Midgees (Tootsie Roll)
- Twizzlers: Cherry and Strawberry Twists, Rainbow Twists, Cherry Peel and Pull, Cherry Bites (Hershey)

### FRUIT SNACKS

- Fruit by the Foot (General Mills)
- Fruit Rollups (General Mills)
- Fruit Crisps: Fuji Apple (Brothers All Natural)
- Fruit Snacks (Welch's)
- Gusher's (General Foods)
- Organic Bunny Fruit Snacks (Sunny Citrus, Berry Patch, Tropical Treat) (Annie's Homegrown)
- Clif Kid Z Fruit Rope: Grape, Mixed Berry and Strawberry (Cliff Bar)

### CHIPS

- Bugles: Original and Nacho Cheese (General Mills)
- Cheetos: Baked, Crunchy and Puffs (Frito Lay)
- Doritos: Cool Ranch and Nacho Cheese (Frito Lay)
- Fritos: Chili Cheese, Original and Scoops (Frito Lay)

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- Funyuns (Frito Lay)
- Mission Tortilla Chips: Rounds, Strips and Triangles (Mission)
- Multigrain Tortilla Chips: Sea Salt, Sub-lime, How Sweet Potato it is, Summertime Blues (Late July)
- Munchies: Cheese Fix, Totally Ranch (Frito Lay)
- Organic Snack Mix (Annie's Homegrown)
- Pirate's Bounty: White Cheddar (Pirate Brands)
- Potato Chips: Baked, Baked BBQ, BBQ, Cheddar and Sour Cream, Classic and Sour Cream and Onion, (Frito Lay)
- Potato Chip (Kettle)
- Pretzel Crisps: Original (Snack Factory)
- Pringles: Cheddar, Original, Snack Stack and Sour Cream and Onion (Pringles)
- Rold Gold Pretzels: Rods
- Ruffles: Baked, Original, Reduced Fat, Sour Cream and Cheddar and Sour Cream and Onion (Frito Lay)
- Smart Puffs: Wisconsin Cheddar (Pirate Brands)
- SunChips: 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 and Black Bean (Simply Sprouted)
- Wavy Potato Chips: Original, Hickory BBQ and Ranch (Frito Lay)

### **COOKIES**

- Animal Crackers (Nabisco)
- Bunny Cookies: Cocoa and Vanilla (Annie's Homegrown)
- Bunny Grahams: Chocolate, Chocolate chip, Cinnamon, Honey and Organic (Annie's Homegrown)
- Chips Ahoy: Chewy, Original and Reduced Fat (Nabisco)
- Chocolate Chip Mini Cookies (Skeeter Nut Free)
- Classic Crème (Back to Nature)
- Dick & Jane Educational Snacks: Cookies
- Fudge Shoppe: Fudge Stripes (Keebler)
- Oreo: Original, Chocolate Cream, Golden (Nabisco)
- Ginger Snaps (Nabisco)
- Grahams: Cinnamon and Honey (Skeeter Nut Free)
- KinniToos: Chocolate Sandwich and Vanilla Sandwich (Kinnikinnick Foods)
- Lorna Doone (Nabisco)
- Montana's Chocolate Chips Cookies (Kinnikinnick Foods)
- Oreo Cookies: Original, Double Stuff, Chocolate Mint (Nabisco)
- Rice Krispies Marshmallow Treat: Original (Kellogg)
- Scooby Doo Graham Cracker Sticks: Honey and Cinnamon (Keebler)
- Snack 'n Go Packs: Chocolate Chip (Lucy's)
- Snackwell's: Crème Sandwich (Kraft)
- Teddy Grahams: Chocolate, Chocolate Chip, and Honey (Nabisco)
- Vanilla Wafers: Mini, or Original (Nabisco or Keebler)

### **ICE CREAM**

- Popsicles (Popsicle)
- Welch's 100% Juice Ice Bars
- Fudgesicles (Fudgesicle)

### **SNACK CAKES & DONUTS**

- Donuts: Cinnamon Sugar, Chocolate Dipped, Maple and Vanilla Glazed (Kinnikinnick Foods)
- Hostess Cakes: Cupcakes, Ho Ho's, Twinkies, Suzy Q's, and Mini Muffins (Hostess)

***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  
Executive Director of Student Services  
15020 Metcalf  
Overland Park, KS 66223