



Westwood Elementary School
Excellence
Through Tradition & Innovation

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Friday, December 1, 2017

Dear Parents and Guardians,

Over the course of this school year, there have been several new cases of students diagnosed with "allergic to the touch" allergies, especially to peanuts and tree nuts. This means that it is critical that these students do not come in contact directly or indirectly with these allergens. Indirect contact includes touching another person or an object with the allergen. This can result in a life-threatening allergic reaction including anaphylactic shock or in severe cases death.

If your child's teacher has not set up snack time guidelines in his or her class, I am asking for your help by trying to send your child to school with nut free snacks; this includes snacks NOT processed in factories that process peanuts and other nuts. Included on the back are some suggested snacks in case you need some ideas.

Thank you for your understanding, consideration, and cooperation in this matter; I appreciate your willingness to help make the classrooms a safer environment for our students.

Deborah Nanney

Suggested Snack List

Fruits & Vegetables

- *Fruits, fresh & packaged
- *Veggies, fresh & packaged
- *Apple Sauce
- *Fruit cups
- *Motts Fruit Snacks
- *General Mills Fruit by the Foot
- *General Mills Fruit Roll-up
- *Fruit Sticks
- *Ocean Spray Cran Raisins
- *Sun maid Original Cranberries
- *Sun maid Original Raisins
- *Brothers All Natural Fruit Crisps
- *Zante Currants
- *Welch's Fruit Snacks

Crackers/Pretzels/Cereal

- *General Mills Original (On ly) Cereal
- *General Mills Rice Chex
- *Kellogg's Rice Crispies
- *Keebler Original Town house Crackers
- *Keebler Scooby Dao Grahams
- *Keebler Club Original Crackers
- *Keebler Zesta Saltine Cracker
- *Keebler Snack Stick originals
- *Nabisco Vegetable Thins
- *Nabisco Triscuit's.
- *Nabisco Barnum's Plain Animal Crackers
- *Tostitos (Plain & Bite Size Round Only)

- *Pringles Original Plain Sun Chips (No Flavored)
- *Rold Gold Pretzels
- *SkinnyPop Pocom

Miscellaneous

Drinks

- *Only Water or 100% Fruit Juice

Frozen Desserts / Birthday Treats

- *Fla-Var-Ice brand Pop's (All Flavors)
- *The Original Brand Popsicles, Cherry, Grape & Orange

Dairy

- *Assorted Yogurts & Cheeses
- pudding cups
- Jello cups

Suggestions:

Treasure Mills Inc. is a Company that provides delicious and healthy snack foods. They operate in a "Peanut and Tree Nut" free facility. The products can be purchased at Costco and Whole Foods.

Annie's Homegrown Foods, also available at Whole Foods, have a variety of products packaged and labeled, "Peanut and Tree Nut" free facilities.

Please refer to actual package labeling for the latest ingredient and allergen information. Please note this list is subject to revision due to continual changes in manufacturer packaging and processing