

BELLWOOD SNACK INSTRUCTIONS (2011–2012)

DAILY SNACK: Each student's family is asked to provide *nut-free* (peanut- and tree nut-free) snacks to serve 32 children a small snack for 4 days. (Be sure to read labels carefully to ensure products are nut-free; see tips below.)

As a guide, plan for half a serving size per child per day. Please provide healthy and nut-free snacks; some ideas include:

- fruit (whole or cut); be sure to rinse well
- cheese
- yogurt
- fruit leather made with fruit and without added sweeteners
- fruit chips (apple chips, etc.)
- applesauce cups
- crackers
- cereal

Please remember to provide variety in your choices; for example, you could choose to bring fruit, cheese, Goldfish crackers, and Cheerios for your week.

NUT-FREE ENVIRONMENT: Bellwood has declared itself a nut-free school to create a safe and healthy environment for all students. Over the years, we have enrolled more and more children who have severe allergies to nuts and nut products. *When planning snacks and lunches, please do not include peanuts or tree nuts.* Remember that even the tiniest bit of peanut or other nuts in a product (whether as an ingredient or because of cross-contamination from shared equipment) can be life threatening to someone with a serious allergy.

Tips and warnings regarding nut-free products:

- * Due to continual changes in manufacturing, packaging, and processing, **please read the ingredient labels on all snacks to ensure that they do NOT contain any of the following:**
 - **PEANUTS:** peanut, peanut oil, peanut flour
 - **TREE NUTS:** almonds, cashews, walnuts, pecan, macadamia nuts, pistachio, brazil nuts, pine nuts, hazelnuts, hickory nuts, nut oils, and nut extracts
 - **SESAME:** sesame seeds, sesame oil, tahini
 - statements such as: “**May contain traces of peanuts, tree nuts, or sesame**” or “**Manufactured in a plant that also processes peanuts, any tree nut, or sesame.**”
- * Nut allergies can be life threatening, so it is never safe to assume that a product is nut-free. Buy things that are clearly labeled to state the allergens it contains as well as any cross-contamination warnings.
- * Note that soy, coconut, and nutmeg are all okay (they are not nuts).
- * Remember: no homemade snacks.

BIRTHDAYS: If sending treats to be passed out for your child's birthday, please remember to send *non-edible* treats only; the children enjoy stickers, rings, etc.

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