



Instructions for Nut-Safer Food Items **(Including Student Birthday/Holiday Party Treats or Daily Snacks)** **2015-16**

In 2010, the district identified more than 250 students in Blue Valley with life-threatening “nut” food allergies. 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:

- 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;
- we have verified the manufacturing and labeling practices with their respective manufacturer’s consumer services by phone or email of **products noted in bold**;
- 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

July 30, 2015: 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.

****Food items listed in BOLD are produced in “nut-free” facilities according to manufactures.** All others, while meeting our nut-safer criteria are subject to changes in manufacturing processes and locations.



Branded List of Permitted Food Items (Including Student Birthday/Holiday Party Treats or Daily Snacks) **2015-2016**

At the request of several parents, 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.
- **Late July Organic**: “Allergy-friendly: peanut and tree nut free AND soy and sesame free.” Found locally at Hy-Vee and Whole Foods.
- **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 and Vegetables

- Organic or conventional

Dried and 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: Apple Cinnamon, Cinnamon Rice, Vanilla (General Mills)
- Cinnamon Crunch (Cascadian Farms)
- Cinnamon Toast Crunch (General Mills)

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- **Alpha-Bits (Post)**
- Cinnamon Toasters (Malt-O-Meal)
- Cheerios: apple cinnamon, chocolate, frosted, fruity, multi grain or regular (General Mills)
- Cocoa Roo's (Malt-O-Meal)
- Cookie Crisp (General Mills)
- Crispy Rice (Malt-O-Meal)
- 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: Blueberry, 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)**
- **String Cheese** (Best Choice, Crystal Farms, Frigo and Sargento)

Yogurts

- **Yogurt: Greek: Blueberry, Classic, Clementine, Vanilla** (Anderson/Erickson Dairy; Stonyfield, Fage, Siggi's)
- Yogurt: Greek: Plain, Honey, Strawberry, Vanilla, Blueberry (Dannon)
- **Yogurt Blends, Fruit on the Bottom, Yo Baby, Yo Toddler, Yo Kids (Stoneyfield)**
- Yogurt: 6 oz: Non Fat Light and Fit Flavors (Dannon)
- Yogurt Tubes: Gogurt (Yoplait, Siggi's)

Box juices and drinks

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

Crackers

- Cheddar Bunnies: Organic, Sour Cream and Onion, White Cheddar, Whole Wheat (Annie's Homegrown)
- Cheez-it (Sunshine)
- Club and Cheddar Sandwich Crackers (Keebler)

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- Goldfish: Cheddar, Colors, Flavor Blasted Xtra Cheddar, Parmesan, Pizza, Pretzels and Whole Grain Cheddar (Pepperidge Farm)
- Graham Crackers (Annie's Homegrown)
- Grahams Crackers: Honey and Original (Keebler)
- **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)
- Saltine Crackers (Annie's Homegrown)
- Snack Crackers: Original 7 Grain (Kashi)
- **S'moreables (Kinnikinnick Foods)**
- Special K Cracker Chips: Sea Salt (Kellogg's)
- Triscuit Thin Crisps: Original (Nabisco)
- Wheat Thins: Original (Nabisco)
- Organic Stoneround 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 (Arrowmills)

Pudding and Gelatin

- Handi Snack Pudding Cups: Regular and Sugar Free: Chocolate, Vanilla (Kraft)
- Snack Pack Pudding Cups: Regular and Fat Free: Chocolate, Regular (no Fat-Free) Vanilla (Hunt's/ConAgra Foods)
- Gelatin Cups: Regular and Sugar Free (Jello)
- Pudding cups (Zen Organic-Soy)

Misc. Foods:

- Beef Jerky: Original (Great Value – Wal-Mart)
- Mini Bagels: 100% Whole Wheat, Blueberry, Brown Sugar Cinnamon, Plain (Thomas)
- Popped Rice Snacks: Apple Cinnamon, BBQ, Cheddar Cheese, Ranch (Quaker)
- Organic Guacomole Minies and Classic Guacomole 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” label 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.” Found locally at 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 at Hy-Vee.
- **Late July Organic:** “Allergy-friendly: peanut and tree nut free AND soy and sesame free.” Found locally at Hy-Vee and Whole Foods.
- **Lucy's:** “Gluten free and made without milk, eggs, peanuts, or tree nuts.” Found locally at 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 at Whole Foods, Hy-Vee, Sprouts, Natural Grocers.

Candy:

- **Andes Mints (Tootsie Roll)**
- **Chocolate Chips- Semi sweet and Dark Chocolate (Enjoy Life)**
- **Dum Dum Pops (Spangler Candy)**
- Jolly Rancher Hard Candy (Hershey's)
- **Junior Mints (Tootsie Roll)**
- Laffy Taffy (Wonka)
- Lifesaver: Hard Candies (Wrigley)
- Life Saver Gummies (Wrigley)
- **Lollipops, organic (Yum Earth)**
- Marshmallows: Regular (Kraft)
- Nerds (Wonka)
- **Organic jelly beans, Gummy Bears, Gummy Worms (Surf Sweets)**
- Pixie Stick (Wonka)
- **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 Foods)
- Fruit Rollups (General Foods)
- **Fruit Crisps: Fuji Apple (Brothers All Natural)**
- Fruit Snacks (Welch's)
- Gusher's (General Foods)
- Organic Bunny Fruit Snacks (Sunny Citrus, Summer Strawberry, Berry Patch, Tropical Treat) (Annie's Homegrown)
- Clif Kid Z Fruit Rope: Grape, Mixed Berry and Strawberry (Clif Bar)

Chips

- Bugles: Original and Nacho Cheese (General Mills)
- Cheetos: Baked, Crunchy and Puffs (Frito Lay)
- Doritos: Baked Nacho, Cool Ranch and Nacho Cheese (Frito Lay)
- Fritos: Chili Cheese, Original and Scoops (Frito Lay)
- 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 Booty: 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: 100 Calorie, Cheddar, Original, Snack Stack and Sour Cream and Onion (Pringles)
- Rold Gold Pretzels: Rods, Sticks, Tiny Twists and Thins (Frito Lay)
- Ruffles: Baked, Light, 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 Original (Annie's Homegrown)
- Chips Ahoy: Chewy, Original and Reduced Fat (Nabisco)
- Classic Crème (Back to Nature)
- Fudge Shoppe: Fudge Stripes (Keebler)
- Golden Oreo: Original and Chocolate Cream (Nabisco)
- Ginger Snaps (Nabisco)
- **KinniToos: Chocolate Sandwich and Vanilla Sandwich (Kinnikinnick Foods)**
- Lorna Doone (Nabisco)
- Montana's Chocolate Chips Cookies (Kinnikinnick Foods)
- Oreo Cookies: Original, Double Stuff, Cool Mint, Reduced Fat and Sugar-Free (Nabisco)
- Rice Krispies Marshmallow Treat: Original (Kellogg)
- Scooby Doo Graham Cracker Sticks: Honey and Cinnamon (Keebler)

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- **Snack ‘n Go Packs: Chocolate Chip (Lucy’s)**
- Snackwell’s: Crème Sandwich (Kraft)
- Teddy Grahams: Chocolate, Chocolate Chip, Cinnamon and Honey (Nabisco)
- Vanilla Wafers: Mini, or Original (Nabisco or Keebler)

Ice Cream

- Popsicles (Popsicle)
- Welch’s 100% Juice Ice Bars (Welch’s)
- Fudgsicles (Fudgsicle)
- Sherbet Cups (Blue Bunny)

Snack Cakes/Donuts

- **Brownie Cakes: (Lucy’s)**
- **Donuts: Cinnamon Sugar, Chocolate Dipped, Maple and Vanilla Glazed (Kinnikinnick Foods)**
- Donuts: (Krispy Kreme)
- **Hostess Cakes: Cupcakes, Ho Ho’s and Twinkies (Hostess)**
- Mini Donuts: Chocolate Frosted and Powdered (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