

# Birthday Treat Guidelines

~For the health and safety of all children we ask that only store-bought AND individually wrapped treats be brought to school for birthday treats. You may drop off birthday treats for your child in the office.

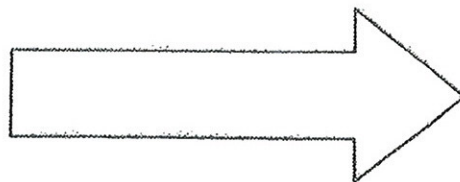
~Treats that are not individually wrapped and store bought will not be distributed to the class and will be sent back home with the student. Bakery items are not permitted.

~As many students have peanut/nut and other food allergies, we ask that you check with your child's teacher or the office before purchasing birthday treats.

~Examples of acceptable birthday treats are listed on the back of this birthday treat guideline reminder.

~Please visit the following link located on our district webpage [www.dunlapcusd.net](http://www.dunlapcusd.net) for a complete Food Allergy Management Practice <http://www.dunlapcusd.net/StudentServices/Pages/Nursing.aspx>

See Reverse



# All items below must be individually packaged

## FOODS THAT ARE PEANUT AND TREE-NUT FREE:

- Plain Oreos (check label on special varieties)
- Plain Chips Ahoy cookies
- Nilla Wafer (Nabisco)
- Graham Crackers – Honey Maid
- Doritos, Smart Food, Pringles
- Crackers: Wheat Thins, Triscuits, Ritz, saltines
- Animal Crackers – Nabisco plain
- Yogos
- Kelloggs Nutri Grain Bars
- Smart Start Healthy Heart bars, cinnamon
- Hershey's plain milk chocolate bars and kisses
- Candy: i.e. Starbursts, Skittles, Twizzlers, Tootsie Rolls
- Blue Bunny/Kroger ice cream sandwiches
- Fruit/Juice based Popsicles
- Luigi's Italian Ice
- Goldfish crackers
- Cheez-Its (not Nips)
- Rice Krispy treats-plain variety
- Pepperidge Farm gold fish
- Kraft handi-snacks cheese and crackers
- Sunbutter – made from sunflower seeds
- Rold Gold Pretzels (except dipped varieties), Kroger pretzels
- Pepperidge Farm Soft Cranberry Oatmeal and Oatmeal Raisin cookies

## DO NOT BRING:

### FOODS THAT CONTAIN PEANUTS, TREE NUTS, NUT OILS, OR "MADE IN THE SAME FACTORY":

- All Keebler cookies
- All Famous Amos cookies
- All Little Debbie snacks
- Most granola bars, i.e. Chewy brand
- Cheese Nips
- Kroger chocolate ice cream
- Giardello chocolates, brownies
  
- Any peanut butter-containing snacks, crackers or cookies
- Nearly all chocolate candy, i.e. Kit Kat, Milky Way, Snickers, M&M's (even the plain ones are made in peanut-producing factory), Twix, Reese's cups or pieces
- Bakery Items

The following companies have indicated that they are diligent in their labeling to indicate if nuts are present in their facility. Unfortunately, most generics cannot be trusted (Kroger is ok). Other brands may not be safe.

## WHILE YOU STILL NEED TO CHECK THE LABEL, THE FOLLOWING BRANDS DO LABEL ACCURATELY TO INCLUDE IF

### PROCESSED W/NUTS:

- Annie's Homegrown
- Blue Bunny
- Dryers/Edy's
- Frito Lay
- General Mills
- Hershey's
- Jello
- Keebler
- Kelloggs
- Kraft
- Kroger
- Mondelez
- Nestle (except ice cream products)
- Pepperidge Farms
- Quaker Oats

### WE ALSO ENCOURAGE:

- Low-fat milk/flavored milk
- 100% juice
- Water/flavored water
- String cheese or other cheese
- Yogurt tubes/cups (w/o granola/sprinkles or other toppings)
- Fresh Fruit: Apples, Oranges, Tangerines, Fruit Cups, Applesauce

### NON-FOOD TREAT IDEAS:

- Stickers
- Cookie Cutters
- Playing Cards
- Silly Putty
- Play-doh
- Magnets
- Puzzles
- Sidewalk Chalk
- Pencils
- Stencils
- Coloring Books
- Origami Paper

### A FEW LINKS THAT CAN HELP YOU FIND OUT MORE ABOUT

#### FOOD ALLERGIES:

<http://www.foodallergy.org/home>

<http://home.allergicchild.com>

<http://nut-freemom.blogspot.com>