



October 2020

Allergies

At the beginning of the school year, parents will be asked to fill out a form listing the allergy or allergies of each student. The information will be shared with the teachers and any medication will be kept in the office. If a student has a severe allergy the parents will specify protocol on what to do in the event of a reaction and provide at least two epi-pens to be kept in strategic places.

Peanut-Free Policy

Saint Thomas School recognizes that peanut allergies represent a health and safety hazard, the consequences of which can be serious. For purposes of this policy, “Peanuts” will mean all nuts and peanuts including products that use or contain nuts and peanuts, or use peanut oils.

Due to Saint Thomas School’s participation in the Federal Lunch Program, we cannot make our lunch room completely peanut-free, however, peanut products will not be allowed anywhere else in the school buildings. When sending any snacks to school, please check the labels to ensure they are free of nuts and processed in a nut-free facility.

Saint Thomas School has adopted this policy in regards to food allergies, but peanut butter will still be served in the cafeteria. Students are still welcome to pack food products containing peanuts/tree nuts for their own individual lunches. Students with food allergies will continue to sit in a designated peanut-free zone in the school cafeteria.

Student Birthdays and Classroom Parties

Students can bring in treats for a birthday or for classroom parties, as long as these treats are in compliance with the peanut-free list, or are explicitly listed as “school-safe” or not processed in a facility that also processes peanuts or tree nuts. Any non-compliant snacks sent to school will be sent home.

A list of nut-free snack suggestions can be obtained from SnackSafely.com. or the following list gives suggestions of items that can be sent as a daily snack. Bakery and homemade items may not be sent to school due to a high risk of cross-contamination.

Suggested Peanut/Nut-Free Snacks:

Fruits

All fresh fruit, Dole Fruit Bowls, Del Monte Fruit To-Go Cups, Sun-Maid Raisins (not chocolate covered), Applesauce Cups, Motts Fruit Blasters Applesauce Tubes

Vegetables

All Fresh Vegetables Including: Carrots with Dip Celery Sticks with Cream Cheese or Dip

Gummy Snacks (Not Brachs' - Only Betty Crocker or Nabisco Fruit Snacks) including Fruit Roll-Ups, Fruit by the Foot, Gushers, Shark Bites, Fun Fruits, Scooby Doo Fruit Snacks, Trix Fruit Snacks, Hi-C Fruit Snacks,

Cookies

Nilla Wafers, Oreos & Mini Oreos (not mint-creme), Chips Ahoy (not minis), Bisco Wafers, Teddy Grahams, Pepperidge Farm (Milano, Chessmen, Shortbread and Sugar Cookies), Keebler (Butter Cookies, or Grasshopper Cookies) Nabisco (Barnum Animal Crackers, Oatmeal & Iced-Oatmeal Cookies, Cameo Cookies, Fig Newtons, Kool Stuff Strawberry Seas Bars), Hostess Ho-Ho's & Twinkies, Rice Krispie Treats (plain only), Nutri-Grain Apple Cinnamon/Brown Sugar Twists

Salty Snacks

Rold Gold Pretzels, Snyders of Hanover Pretzels, Ruffles Potato Chips, Lays Potato Chips, Fritos, Doritos (not crackers), Cheetos, Tostitos, Pringles (original only), Popcorn (Pop Secret, Orville Redenbacher, Healthy Choice)

Crackers

Honey Maid (Cinnamon Grahams & Sticks, or Honey Grahams & Sticks), Ritz Crackers (plain only, not sandwiches), Keebler Club Crackers (original only, not sandwiches), Nabisco Saltines, Sunshine Cheez-Its, Triscuit, Wheat Thins, Pepperidge Farm Cheddar Goldfish (only plain, pretzel or cheddar - NOT Cinnamon Grahams), Sargento-Mootown Crackers & Cheese Dip, Keebler Town House Crackers, Sportz Cheddar Crackers, Kraft Handi-Snacks Cinnamon Graham Crackers w/Applesauce Dip, Kraft Handi-Snacks Crackers with Cheese Dip

Other

Pizza - Papa Johns, Dominoes, Flippers, Pizza Hut

Candy - Starburst, Skittles, Twizzlers, Hershey Milk Chocolate Bars (not with almonds) and Hershey Kisses (not with almonds & not Hugs), Milk Duds, DOTS, Sour Patch Kids, and Tootsie Rolls Jet Puffed Marshmallows

*Important: Due to continual changes in manufacturer packaging and processing, please read the ingredient label of your chosen snack to ensure that it does not contain any of the following... peanuts/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal, or any of the statements "May contain traces of peanut/nuts."