

# East Brunswick Public Schools

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Many of our East Brunswick students live with life threatening food allergies. Therefore, when planning school celebrations, it is important that the snacks provided are safe for all learners.

The following is a list of recommended snacks that are very common for the eight elementary schools-wide celebrations (Halloween, Winter, Valentine's and End-of-the-Year).

**\*\*Please note that all Chips Ahoy Products have been removed from the Safe Snack Guide\*\***

- Enjoy Life Foods
- Rold Gold Pretzels
- Pre-packaged Fruits and Vegetables
- Original Oreos
- Pringles
- 100 % Fruit Ice Pops
- Teddy Grahams (Honey)
- Lays Potato Chips (Classic)
- Peanut free mini cupcakes from Shop-Rite (they have a no peanuts symbol on package)
- Pizza (optional for End- of-the-Year party only)
- Drinks (100% fruit juices, water)

In addition, there are some additional food items that can be purchased through Aramark.

It is very important that **ALL food items** (including the above) be sent to the office to be checked by the school nurse prior to bringing them to the classroom. Product ingredients can change; therefore, ingredient labels need to be checked by the school nurse EACH time food is coming into the classroom.

This letter refers only to shared foods and snacks that are eaten in the classroom during celebrations. Birthdays will be celebrated with "non-food" items. Some suggestions for recognizing birthdays are stickers, bookmarks, or pencils.

\*Invitations for private parties may not be distributed in school.

Thank you in advance for your cooperation.

Sincerely,

Danielle Blalock  
Supervisor of Student Services

*Excellence in Academics, Athletics and the Arts*