

# Snacks

Many classes have a scheduled snack time during the school day. We encourage our students to make healthy choices. Cakes, candy, and cookies are not allowed except for special days designated by the campus (i.e. class parties for holidays).

Students need to bring their own snack from the approved list below.

Snacks are not allowed to be shared and will not be provided by the classroom teacher.

Only the following snack items will be allowed in the classroom:

## Approved Snack List

(<http://snacksafely.com/snacklist.pdf>)

- Fresh Fruit / Veggies
- Pretzels
  - Pepperidge Farm
  - Rold Gold
  - Nabisco
  - HEB Sourdough Pretzels
  - HEB Whole Grain Pretzels
- Graham Crackers
  - Nabisco
  - Keebler
  - Teddy Grahams
  - Hill Country Fare Graham Crackers Honey
  - Hill Country Fare Graham Crackers Cinnamon
- Crackers
  - Cheez-It
  - Goldfish –Pepperidge Farm
  - Keebler
  - Nabisco
  - Ritz
  - HEB CHZ2
  - HEB Rich and Crisp Crackers
  - HEB Butter Supremes
  - Hill Country Fare Thin Wickets
  - HEB Woven Wickets
  - Hill Country Fare Wheat Snackers

- Cereal Breakfast Bars
  - Nutrigrain
  - Special K
  - Hill Country Fare Fruit and Grain Bars
- Fruit Snacks
  - Betty Crocker
  - Fruit Gushers
  - Clif Kid Twisted Fruit
  - Hill Country Fare Fruit Snacks
  - HEB Fruit Twists
- Chips
  - Cheetos
  - Hill Country Fare Cheese Crunchies
  - Hill Country Fare Cheese Puffs
  - HEB Cheese Balls
  - Baked Lay's
  - Ruffles
  - Doritos
  - Tostitos
  - Veggie Chips/Straws
  - HEB Baked Chips
  - HEB Ridged Potato Chips
  - HEB Flavored Tortilla Chips
  - HEB Corn Tortilla Chips

## Resources

<http://snacksafely.com/snacklist.pdf>

<http://www.foodallergy.org>

<http://www.cdc.gov/healthyyouth/foodallergies>

<http://www.niaid.nih.gov>

<http://www.fda.gov/food/resourcesforyou/consumers/ucm079311.htm>

<http://www.nasn.org/>

<http://community.kidswithfoodallergies.org/pages/community>

<http://www.schoolnutrition.org/>



# Food in the Classroom and Allergy Awareness

Keeping All Kids Safe

2014-2015

## Why Is This Important?



There is no cure for food allergies. A *food allergy* is an abnormal response to a food, triggered by the body's immune system (NIAID, 2010). Symptoms of a food induced allergic reaction may range from mild to severe and may become life-threatening. The Centers for Disease Control and Prevention recently reported an 18 percent increase in food allergies among school-aged children from 1997 to 2007. Current estimates state that between 1 in 13 (Gupta, 2011) and 1 in 25 children are now affected, with 40 percent reporting a history of severe reaction (CDC, 2012).

## Senate Bill 27

Senate Bill 27 (SB 27) provides guidelines to school districts and open enrollment charter schools regarding care of students with food allergies at risk for anaphylaxis.

## Types of Allergies

In the United States, the FDA requires food manufacturers to list the eight most common ingredients that trigger food allergies. The eight foods included in food allergy labeling account for an estimated 90 percent of allergic reactions. These eight foods are:

- Milk
- Eggs
- Peanuts
- Tree Nut
- Fish
- Shellfish
- Soy
- Wheat



## How do we protect our students?

- Classrooms with children that have food allergies have allergy identification signs on the door.
- Parents, staff, and students are educated about the need to monitor food and snacks that are brought on campus.
- Students are offered special places to sit in the cafeteria and their tables follow special cleaning procedures.
- Policies and procedures are practiced to keep schools as allergy safe as possible.

## Food, Allergies, & Birthday Celebrations

Parents and grandparents are welcome to bring in birthday treats according to the following guidelines:

- **Non-food items are highly encouraged over food items (i.e. stickers, pencils, etc.).**
- Parents **MUST** provide at least 24-hour notice to the classroom teacher **and** office by sending a note or calling the school if a birthday celebration will include a food item. This is to allow notification of parents of students with food allergies.
- Any food (cake, cupcakes, donuts) **MUST** be store bought, with a clear label that includes allergy information.
- In an effort to make sure our students with food allergies are included in all birthday celebrations, the 24 hour notice will be strictly enforced. If prior notice is not given, birthday treats will not be allowed into the classroom until the following day.