

# Student Allergy Issues

## Parent Guide

Robert Adams Middle School  
Update: August 27, 2009 / Draft 11

### Background

In accordance to the guidelines outlined in the Holliston district policy - Life Threatening Allergies(10/5/06 – JLTA & JLTA-P), Robert Adams Middle School has continued the process of documenting its building policies and procedures toward addressing student allergy issues that might arise from food brought into the school for student school events such as parties, gatherings, fund-raisers and prizes. The purpose of this work is to help minimize the risk of the increasing prevalence of student allergies and the life threatening nature of allergies for students.

### Highlights of the policy

- Adams will encourage students/families to utilize the list entitled, “**Recommended Foods for Classroom Distribution**” for making choices on the foods they bring into school for school events, parties etc. (The ingredients in these pre-packaged foods outlined on the list below still must be checked because packaging and manufacturing does change.)
- For curriculum-based activities such as multicultural or foreign language related-events, home prepared foods are welcomed, but they must be peanut/nut-free if the food will be shared with the class. Also, these home prepared foods require an ingredient list and the school nurse will still need to review it. For those children who have dietary restrictions, diabetes or celiac disease, the classroom teacher should notify the child’s family that this event will be happening and extend an invitation to the family to send a substitute food with the child for the event. For non curriculum-based activities such as class parties, home-baked goods will not be allowed in school.

## **Recommended Foods for Classroom Distribution**

### Peanut/Tree Nut Free Foods

ALL FOOD INGREDIENTS MUST BE CHECKED AS PACKAGING & MANUFACTURING CHANGE

**We welcome any kind of fruit, gel fruit, yogurt, vegetable & cheese**

\*Because packaging and manufacturing frequently change, this list will be updated in August and January of each school year. Please make sure you are using the most updated list!

	<u>Brand</u>	<u>Snack</u>
<b>Frozen Items:</b>	Hood	Vanilla/Chocolate Hoodsie Cups
		Ice Cream Sandwiches
	Popsicle	Popsicles
	Minute Maid	Soft Frozen Lemonade Squeeze Tubes
	Fudgsicle	Fudgsicle
<b>Snacks:</b>	Kellogg’s	Rice Krispie Treats- Original, rainbow, chocolate drizzle & double chocolaty chunk
		Cocoa Rice Krispies Cereal & Milk Bar
	Pepperidge Farm	Small Goldfish
	Swiss Miss	Prepackaged Pudding Vanilla/Chocolate
	Jello	Prepackaged Pudding Snack Vanilla/Chocolate

<b>Snacks(cont):</b>	Nabisco	Teddy Grahams- chocolate chip, chocolate, cinnamon, honey Barnum Animal Crackers Oreos - Original, Double Stuf and Golden Original Wheat Thins Chips Ahoy Chewy Chocolate Chip Cookies Chips Ahoy Chocolate Chip Cookies Nilla Wafers Ritz Crackers and Toasted Chips
	Entenmann's	Popems (all types) Mini Muffins (Blueberry, Chocolate Chip, Banana) Mini Doughnuts (Powdered, Chocolate) Brownie Bites
	Hostess	Susi Q's Ding Dongs ( <b>NOT</b> Drake's Ring Dings!)
<b>Chips:</b>	Frito Lay	Smartfood Tostitos Chips Salsa Doritos Lay's Potato Chips Fritos Cheetos
	Bachmann	Jaxs Pretzels
	Sunshine	Cheez-Its & Gripz-Cheez-Its
	Cape Cod	Potato Chips
	Ruffles	Potato Chips
	Pringles	All Flavors
	Wise	Potato Chips, Cheese Doodles and Popcorn
	General Mills	Bugels
	Tostitos	Salsa
	Utz	Potato Chips
	Rold Gold	Pretzels
	Sun Chips	All Flavors
	Hunts	Snack Pack, Vanilla and Chocolate Pudding
<b>Candy:</b>	Skittles	Skittles-all kinds
	Tootsie Rolls	Tootsie Rolls Tootsie Pops
	Smarties	Smarties
	Hershey's	Plain Chocolate Kisses
	Nestle	Sweethearts
	All brands	Gum Candy Canes
	Cadbury	Sour Patch Kids Swedish Fish
	Hershey's	Milk Duds Whoppers Jolly Rancher Candies and Lollypops Twizzlers Licorice Plain Hugs 1.55 oz plain chocolate bars
<b>Drinks:</b>	Anything	Anything
<b>Pizza:</b>	Papa Gino's, Table Top, Domino's, Bazels	-- Cheese pizza