

St. Paul's School

SAFE FOODS LIST

For use in planning parties and special events in which food may be shared. All items are nut-free.*

My child, _____
(Child's name – please print)

Check one:

MAY safely eat any of the items listed on this form

MAY NOT eat the items on this form which I have marked with an X

(Parent Signature – required)

FRUITS/VEGETABLES

- Any fresh washed fruit that is sliced/peeled ready to serve (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, kiwis, etc.)
- Applesauce cups (and assorted variety fruit-flavored applesauce)
- Raisings, Craisins, and all other dried fruits
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc.)
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli)
- Vegetable dips (without peanut-butter)

CHEESE/DAIRY

- Yogurt or drinkable yogurt/smoothies in individual cups or tubes
- Pudding in individual cups, cans, or tubes
- String cheese
- Cubed cheeses
- Kraft Handi-snacks with cheese (with red sticks)

CRACKERS/SNACK ITEMS

- Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- Ritz crackers/dinosaurs/sticks (NOT Ritz Bits or sandwiches)
- Town House, Club, Toasteds crackers
- Cheez-Itz, Cheese Nips, Better Cheddars
- Premium Saltines, Oyster crackers
- Wheatables, Air Crisps, Munch 'ems, Keebler Snack Stix
- Kashi Tasty Little Crackers (TLC)
- Breton/Dare brand crackers
- Goldfish crackers
- Graham crackers, Graham cracker sticks
- Bug Bites crackers
- Goldfish graham snacks
- Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
- Nutrigrain cereal bars/yogurt bars
- Special K Snack bites
- Pretzels (NOT Snyder's. Rold Gold is nut-free – check ingredient labels for other brands)
- Popcorn (most brands – check label)
- Cheez-It Party Mix/Munchie Party Mixes (other Chex type mixes are not nut-free)
- Kellogg's brand Rice Krispie Treats (original)
- Quaker Quakes (mini rice cakes)/ Mini Delights (all flavors safe)
- Rice cakes (NOT Quaker brand)

CEREALS

- Cheerios (NOT Honey Nut or Frosted)
- Chex (Rice, Corn, Wheat)
- Cinnamon Toast Crunch
- Corn Flakes
- Crispix
- Frosted Mini-Wheats
- Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
- Kix
- Life (NOT Vanilla Yogurt Crunch)
- Wheaties
- Corn Pops
- Froot Loops
- Captain Crunch (regular)
- Apple Jacks
- Lucky Charms
- Honey Comb
- Alpha-Bits

*Ingredients for store-bought items may change throughout the school year. St. Paul's School cannot guarantee the safety of all items. Always check ingredient labels.

CAKES/CUPCAKES

- _____ Hostess cupcakes, Ho-Ho's, Ding Dongs (Check the two-digit number which follows the "Best Buy" date. Only items with the number **68** are made in a nut-free facility. Twinkies are NOT safe).
- _____ Store-bought brands with complete ingredient label stating "Made in a nut-free facility"
- _____ Treasure Mills Banana Chocolate Chip Mini Loafs (available at Costco)

COOKIES

- _____ Teddy Grahams or Teddy Graham character brands
- _____ Animal crackers (Austin Zoo, Barnum)
- _____ Vanilla wafers
- _____ Fig Newtons (all flavors)
- _____ Oreos (regular, Golden, or Minis)
- _____ Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge sandwich cookies
- _____ Gripz Chips Ahoy
- _____ Dunkaroos

DONUTS/MUFFINS

- _____ Krispy Kreme donuts/donut holes
- _____ Hostess brand muffins or donuts (Check the two-digit number which follows the "Best Buy" date. Only items with the number **68** are made in a nut-free facility).
- _____ Store brand muffins or mini-muffins with complete ingredient label stating "Made in a nut-free facility."

CANDY

- _____ Air Heads
- _____ Blow pops
- _____ Dum-Dum suckers
- _____ Nerds
- _____ Pixie Sticks
- _____ Ring Pops
- _____ Rolos
- _____ Runtz
- _____ Sixlets
- _____ Skittles
- _____ Smarties
- _____ Spree
- _____ Starburst

- _____ Swedish Fish
- _____ Sweet Tarts (regular and chewy)
- _____ Tootsie Rolls and Tootsie Roll Pops
- _____ Twizzlers licorice
- _____ Whoppers
- _____ Gummy bears/worms
- _____ Hershey Kisses – Milk Chocolate
- _____ Hershey Kissables
- _____ Jolly Ranchers
- _____ Junior Mints
- _____ Laffy Taffy
- _____ Life Savers (hard and gummy)
- _____ Mike & Ike's

CHIPS

- _____ Bugles
- _____ Cheetos
- _____ Doritos
- _____ Fritos
- _____ Potato chips
- _____ Pringles
- _____ Sun Chips
- _____ Tostitos

ICE CREAM/POPSICLES

- _____ Popsicles
- _____ Whole fruit bars
- _____ Juice bars
- _____ Fruit ice/Icee squeeze up tubes
- _____ Orange push-ups
- _____ Breyer's Vanilla ice cream
- _____ Ice Cream sandwiches, strawberry shortcake bars, sundae cups: check for proper ingredient label information

OTHER

- _____ Fruit snacks (twists, gushers, roll-ups, etc.)
- _____ Pop Tarts or Pop Tart Snack Sticks
- _____ Yogos/Yogos Rolls
- _____ Marshmallows

NOTE: Although this list contains sugary sweets and candies, they are not recommended as ideal snack or lunch choices, but merely as suggestions for the occasional special events in which food might be shared, for example: Valentine's Day parties, holiday parties (Easter, Christmas, etc.), and birthdays in which cupcakes or treat bags may be brought in to the classroom.