



LENAPE MEADOWS SCHOOL

160 Ridge Road, Mahwah, NJ 07430

Paul Wyka
Principal

Dorothy Eason
Assistant Principal

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Dear Parent/Guardian:

You have all read the headlines and have seen the news stories: food allergies are a growing concern in schools across America. Millions of children - children who are perfectly healthy—must watch every single bite they eat, or risk suffering a severe or even life-threatening reaction. In fact, food allergies claim over 200 lives and are responsible for over 30,000 emergency room visits each year. A major health issue such as this one needs to be taken very seriously, and maintaining the health and safety of our students will always be our top priority.

Students in our schools have serious peanut allergies. A child with a serious peanut allergy can suffer a reaction merely by touching something or someone that has touched a peanut-containing food. **Therefore, all classrooms at Betsy Ross, George Washington, and Lenape Meadows will be nut/seed-free rooms:**

- Anything brought into the classroom for snack must be in a package separate from a student's lunch.
- All snacks must be pre-packaged.
- Children may still bring in peanut/nut products for lunch, as all of our cafeterias maintain nut-free tables as a safeguard for our students.

Choosing a Safe Peanut, Tree Nut, Seed-Free Snack

Read the label every time you purchase a product. Do not assume that a product you have previously purchased is still safe. Manufacturers often change ingredients and equipment without prior warning. Do not bring snacks to class if manufacturers list peanuts, peanut oil, nuts, nut oil, or seeds. Snacks with such statements as, "May contain traces of ..." or "Made on equipment that manufactures or processes ..." or "Made in a facility that manufactures..." are not safe.

Homemade or prepared snacks are not permitted in the classroom due to the risk of cross-contamination from peanut, tree nut, and seeds containing products or preparation surfaces.

Only pre-packaged foods are safe.

Birthday Treats and Celebrations

Birthday treats are a special time for a child, but can be difficult for a child with food allergies. If you intend on sending in a treat, it must be one of the approved birthday snacks listed at the end of this letter. Only these treats will be accepted. Please be advised that Mahwah Board Policy #8505 states that foods with sugar as the first ingredient are not allowed and will not be distributed.

With your cooperation, we will provide a safe and healthy learning environment for all of our students and help develop a greater understanding of individual differences. Please see the attached list which contains recommendations for nut and seed-free snacks. Only items found on this list or website will be accepted for celebrations. For more information on peanut, tree nut, and seed-free snacks, updated information is available at <http://www.snacksafely.com>.

We trust that you understand how deeply important it is to respect and adhere to these guidelines. If throughout the course of the year you have any questions or concerns about food-allergy-related issues, please do not hesitate to contact me. We wish you and your family a safe and healthy school year.

Thank you for helping us to provide a safe environment for all of our students.

Sincerely,
Kevin Ulmer
Principal

Nut and Seeds Free Snack Ideas – <http://www.snacksafely.com>

Oreos
Teddy Grahams
Cheez-Its
Goldfish Crackers
Goldfish Grahams
Handi Snacks Crackers 'N Cheese
Handi Snacks Pretzels 'N Cheese
Handi Snacks Breadsticks 'N Cheese
Keebler Cheese and Cheddar Sandwich Crackers
Keebler Club and Cheddar Sandwich Crackers
Wheat Thins
Triscuits
Nabisco 100 calorie snack packs
Newtons
Chips Ahoy - plain
Ritz Crackers
Nilla Wafers
Kellogg's Cinnabon Bars
Special K blueberry bars
Special K peaches and berries bars
Special K chocolatey drizzle bars
Special K raspberry cheesecake bars

Rice Krispie treats
Kashi TLC cereal bars
Nutrigrain Cereal Bars
Fruit Snacks
Gushers
Fruit Roll Ups
Applesauce
Fruit Cups
Jello Cups
Pudding Cups
Freeze Dried Fruit packs
Raisins
Craisins
Pringles
Doritos
Most Pretzels (check for sesame)
Cheetos
Twizzlers
Hershey Kisses
Yogurt
Gogurt
String Cheese
Fresh Fruit
Veggies and Dressing

Approved Snacks for Birthday Treats and Celebrations – <http://www.snacksafely.com>

Pepperidge Farm Goldfish Crackers (cheddar)
Ritz Crackers
Nabisco Teddy Grahams (original)
Kellogg's pre-packaged Rice Krispie Treats (original)
Bachman Pretzels
Nabisco Chips Ahoy (original)