

SAFE SNACK LIST

No peanuts, tree nuts, or sunflower seeds/oil

Safe Snacks

Please check labels!

- Fresh fruit/vegetables (no dip)
- Kashi soft-baked cereal bar (Strawberry or Blackberry)
- Pepperidge Farm goldfish crackers in original Cheddar
- Stretch Island Fruit Co. fruit strips
- Nabisco Barnum's animal crackers
- Honey Maid graham crackers
- Cheez-Its crackers
- Plain Ritz crackers
- String cheese or cheese sticks
- Trader Joe's yogurt squishers
- Sun-Maid Raisins (plain)
- Applesauce/fruit pouches
- Freeze dried fruit
- Fruit snacks
- Utz pretzels

Our daughter, Eva Morgan, has severe food allergies. She can't eat or touch anything that contains peanuts, tree nuts, or sunflower (safflower) seeds/oil.



After she was hospitalized following an incident during snack time at school, we realized that she needs to be in a nut-free classroom. Since she's sharing a class with your child this year, that means that any food brought in to the room needs to be free from nuts, nut butters, and sunflower (safflower) seeds/oil, since she has an anaphylactic reaction to touching these things.

Many foods contain warnings for cross-contamination because they're processed in a facility where nuts are processed. We've decided that we're comfortable with those snacks coming in, since she'll be bringing her own snack every day. There is still a risk that she might swipe a snack from a friend if it looks extra tasty (3 year olds!), but we're trying to teach her to manage her allergies. If you want to eliminate the risk completely, the snacks I've listed are free from cross-contamination.

If you're planning on bringing in a treat for a birthday, please have it be a treat that the kids can take home after school is over and don't worry about bringing anything for Eva. She can't eat baked goods outside of things I make because the contamination risk skyrockets, but she understands about missing treats because of her allergies and won't be distressed if she doesn't get one.

Questions - Carly Morgan, carly@everclevermom.com,