

The Scotch Plains-Fanwood Public Schools

SCHOOL ONE
WILLOW AVENUE
SCOTCH PLAINS, NEW JERSEY 07076

Mr. Justin Fiory
Principal

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Dear Parents / Guardians:

You have all read the headlines and seen the news stories: food allergies are a growing concern in schools across America. Millions of children must watch every single bite they eat, or risk suffering a severe or even life threatening reaction. People can be allergic to practically any food, but 90% of the foods that they are allergic to fall under the 8 most common allergens: peanut, tree nut, milk, egg, soy, wheat, fish and shellfish.

A major health issue such as this must be taken very seriously, and it has always been the policy of this school to make the safety and well being of our students our top priority.

Therefore, we are putting the following safety guidelines into effect:

- Please do not send any peanuts/tree nuts, peanut butter, Nutella or foods containing these ingredients to be eaten as **snacks** in the classroom. It is fine to send these products for **lunch**, which are consumed in the cafeteria.
- **Birthday and holiday celebrations** are special times for children, but can be a difficult time for the food-allergic child. Therefore we are asking that parents consider providing non-food items such as pencils or books for birthday celebrations. Parents of students in grades Pre-K through 3 may also consider the opportunity to come into the classroom with a book that they will read to the class and in the end parents may donate this book to the classroom library if they choose to. This **must** be worked out with the homeroom teacher ahead of time. For those parents that choose to bring food for birthday treats we must be extremely careful about the ingredients and preparation of all food items. Home made treats, although delicious, make this process difficult. Therefore, those choosing to bring food treats must bring in store bought products where the ingredients can be easily identified. We recommend that you please choose from the list below of store bought snack foods that most of our children can enjoy safely:

- **Oreos-Original/Double Stuffed/Birthday Cake Vanilla or Chocolate (Oreo Brand Only)**
- **Chips Ahoy-Chocolate Chips/Chunky/Chewy**
- **Nabisco Barnum's Animals Crackers**
- **Teddy Grahams-Cinnamon/Honey/Chocolate/Chocolate Chip**
- **Pepperidge Farm Goldfish-Cheddar/Pretzel**
- **Utz-Pretzels/Chips/Popcorn/Cheese Curls**
- **Skinny Pop Popcorn (Original, White Cheddar, & Naturally Sweet)**
- **Clementines, Watermelon**

- **Stonyfield Organic Fruit Snacks (Available at most stores and BJ's)**
- **Welch's Mixed Fruit Snacks (Available at most stores and BJ's)**
- **Annie's Organic Fruit Snacks (Available at most stores and BJ's)**
- **Treasure Mills School Safe Chocolate/Vanilla cupcakes (Available at Whole Foods)**
- **Treasure Mills School Safe Brownie/Chocolate Bars (Available at Whole Foods)**

Each of these snacks must first be approved by the school nurse and/or classroom teacher at least three days before the birthday celebration, as allergies and ingredients may change throughout the school year.

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 either one of us.

Wishing you and your family a safe and healthy school year.

Justin Fiory, Principal

Karen Cristaldi, School Nurse

Visit the School One Web Site at <http://www.spfk12.org/schoolone/>