

The Scotch Plains-Fanwood Public Schools  
**PARK MIDDLE SCHOOL**  
SCOTCH PLAINS, NEW JERSEY

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 wellbeing 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 is eaten in the cafeteria.
- **Birthdays and holiday celebrations** are special times for children, but can be a difficult time for the food-allergic child. We must be extremely careful about the ingredients and preparation of all food items. Homemade treats, although delicious, make this process difficult therefore 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**
  - **Utz-Pretzels/Chips/Popcorn/Cheese Curls**
  - **Herr's Restaurant Style Tortilla Chips/•Wise Salsa -Medium, Mild**
  - **Skinny Pop Popcorn (Original, White Cheddar, & Naturally Sweet)**
  - **Doritos**
  - **Outshine Fruit Ice Pops**
  - **Minute Maid Juice Bars**
  - **PhillySwirl Swirl Stix**
  - **Dole Fruit Bars**
  - **Breyers Pure Fruit Bars**
  - **Whole Fruit Organic Juice Tubes**
  - **Luigi's/Marino's Italian Ice (With Spoons & Napkins)**
  - **Clementines, Watermelon, Cantaloupe, Honeydew, Blueberries, Pineapple**
  - **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)**
  - **Enjoy Life Crunchy Cookies (Choc. chip, Double Choc., Sugar crisp, Vanilla Honey Graham)**
  - **Enjoy Life Mini Cookies (Crunchy Choc. chip, Crunchy Double Choc., Crunchy Sugar Crisp, Crunchy Vanilla Honey Graham, Soft Baked Choc. Chip, Soft Baked Double Choc. Brownie, Soft Baked Snickerdoodle)**
  - **Enjoy Life Soft Baked Cookies (Choc. Chip, Double Choc. Brownie, Snickerdoodle) *Enjoy Life Cookies are available in Stop and Shop & Target.***

**If your treat has not been pre arranged, with your classroom teacher, it may need to be sent home.**

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.

Dr. Jocelyn Dumaresq,  
Principal

Patricia Feeley, RN  
School Nurse