

## Allergy Aware School



**At West St. Paul School, we have students and staff with life-threatening allergies. We are a nut and fish aware school. Please check snacks, lunches and baking to be certain that no nut or fish products are sent to school. Your cooperation is appreciated.**

### Healthy snacks for recess and treats for school parties

It is recommended that you use the 3 check rule when purchasing pre-packaged foods:

1. Read the label before you purchase the product in the store.
2. Read it again once when you are putting it away at home.
3. Read it a third time before you serve/prepare it for the allergic individual.

These foods generally do not contain peanuts or nut products. **Always read food labels to be sure.**

- Fresh fruit, fruit cups
- Dried fruit (raisins, dried apricots, dried cranberries), 100% fruit leathers
- 100% fruit juices
- Fresh veggies
- Milk and chocolate milk
- Plain low fat cheese
- Low sodium pretzels
- Plain popcorn
- Whole grain crackers
- Homemade trail mix (without peanuts or other nuts)
- Yogurt
- Fruit juice popsicles
- Homemade muffins or baked goods made without peanuts/nuts or peanut/nut oil

