

September 9, 2011

Dear Parents/Guardians,

Out of consideration for our 3<sup>rd</sup> Graders with peanut/nut allergies, we ask that when sending a morning snack for your child that you choose a snack that does not contain nuts. If you are unsure of the ingredients, please check the label. Please also check to make sure these snacks are not made in a factory that also processes nut products.

Below is a suggested list of healthy snacks that do not contain nuts. Thank you for respecting this request and for your help in making our school a safe place for all of our learners.

Sincerely,

Ms. Marshall

### **Nut-Free Snacks**

- 👍 Goldfish crackers
- 👍 Plain Ritz crackers (The cheese sandwich ones have peanuts in them)
- 👍 Animal crackers
- 👍 Graham crackers
- 👍 Teddy Grahams
- 👍 Wheat Thins
- 👍 Triscuits
- 👍 Pretzels
- 👍 Fruit snacks
- 👍 Fruits and vegetables