

## Food Allowed in Classrooms

Food allergies are becoming more common amongst our student population, and some allergies can be severe. Peanuts and tree nuts are allergens that can be life threatening for certain individuals, and some people can suffer a reaction by merely touching a nut-containing food.

We want to ensure that all students at Lisbon can safely participate in classroom activities, eat when they are hungry and enjoy classroom treats.

The following are ideas to consider for snacks that are typically nut-free. Please remember to always check the label to be sure it does not contain peanut/tree nut products and was not processed in a facility that may contain nut products, before you bring the items to school.

### **Grains:**

- Most Pretzels
- Rice Krispie Treats
- Most Goldfish
- Most Teddy Grahams
- Cheez-its
- Ritz Crackers
- Popcorn
- Some Dry cereal
- Chips/Tortilla chips

### **Cafeteria or Vending Machine food**

-Any food or drink available.

(These food will have a green sticker applied so you and the teacher will know they are approved foods to eat in the classroom.)

(the green stickers will be applied as soon as they arrive, which should be early next week)

### **Dairy:**

- Yogurt
- Gogurts
- String cheese, cheese cubes
- Pudding cups

### **Fruit and Vegetables:**

- Any fruit or vegetable
- Fruit strip, fruit leather or roll ups
- Applesauce
- Fruit cups
- Fruit snacks
- Dried fruit

### **Protein:**

- Some beef jerky or meat sticks

Before eating in the classroom, students should show the teacher what they are eating to ensure that the food is peanut/tree nut free and NOT processed in a facility that also manufactures peanuts or tree nuts. If the food does not meet the criteria, the food will NOT be allowed to eat in the classroom or hallway but may be consumed in the cafeteria.

Teachers, thank you for helping in the transition Lisbon Schools to become even more Allergy Aware. If you have questions, please ask Mr. Becker or Nurse Julie.