



Twin Valley School District

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Twin Valley School District
Every Student. Every Day

TVSD Approved Safe Snack List for 2018-2019

The Twin Valley School District is committed to the wellness of our learning communities and supports our students and staff diagnosed with life threatening allergies or other medical concerns. People diagnosed with severe allergies can have devastating reactions that can result in serious illness, or in extreme cases, death when exposed to a specific food allergen. In recognition of the welfare of our students and staff, TVSD has adopted the following procedures to address classroom birthday celebrations, daily snacks (if permitted by the classroom teacher), and classroom parties.

- 1. No food is permitted to be sent in to school for birthday celebrations.** Alternative celebration items may be brought in to the classroom to give out to students such as stickers, pencils, or other small tokens. Other alternatives may include donating a book to the classroom or school library in honor of the birthday celebrant.
- 2. Snacks must come from the recommended safe snack list.** This list was made with consideration to the elimination of peanuts and tree-nuts as well as promoting healthy snacks. Snacks are not to be shared in the classroom. *The approved list of snacks may have additional restrictions depending on life threatening allergies that may be present in the classroom.*
- 3. While food is not necessary for seasonal classroom parties, if any treats are provided to students during parties they must follow the guidelines of the recommended safe snack list.**

The following list pertains to snacks brought into the classroom and is a guide for families to help keep our students safe from allergen exposure.

- Fresh Veggies (ex. cucumbers, carrots, celery)
- Fresh Fruit: (ex. apples, grapes, bananas)
- Applesauce
- Annie's Organic Bunny Fruit Snacks
- Skinny Pop Popcorn- sea salt
- Pretzels- plain/salted/or gluten-free (no flavors)
- Sensible Portions Garden Veggie Straws
- Utz Potato Chips- plain/ripple (no flavors)
- Wise Potato Chips- original/kettle/ridges (no flavors)
- Tostitos Tortilla Chips-plain (no flavors)
- Utz Tortilla Chips- plain (no flavors)
- Cheese sticks
- Yogurt

TVSD requests that you please read ingredient labels each time and keep in mind if you are sending in veggies or the specific fruits listed, that they have been prepared in a clean environment without risk of cross contamination.

Additionally, food must be in its original packaging and sharing of food between students will not be permitted. If your student is in the elementary grades you may send in a bulk bag of a snack item with your child's name labeled on the bag and the teacher will distribute from that bag daily.

