

EDELWEISS APPROVED SNACKS

We have a no-nut policy at our school to help ensure the safety of the students at Edelweiss who have life threatening allergies.

According to Alberta Children's Services Licensing regulations, parents are requested to send in a snack from 2 of the food groups (for example: Cheese & crackers & water OR fruit and cheese & water OR a Bears Paw and Apple Juice, etc.) Please send no more than 2 items for snack and one drink in the containers we provide you with. **Ensure that all containers are labeled clearly with your child's name.** Children will use the washroom and then wash hands prior to snack and will have time to eat their snack and have a drink during their "snack time". They will use hand sanitizer after eating snack or if messy they will wash their hands again.

THERE IS TO BE NO BAKED GOODS OR SNADWHICHES AS WE CANNOT ENSURE THAT THERE WAS NO CROSS CONTAMINATION WITH NUTS AT HOME.

The following foods are suited for your child's snack time:

Fresh fruit in season cut up small in a reusable container or a baggie (Grapes need to be cut in quarters)

Fruit Kebobs (fruit chunks on a wooden skewer)

Veggies cut up small in a baggie (no hard carrot sticks, cherry tomatoes are to be cut in quarters)

Treasure Mills – School Safe Brand of individually wrapped items such as Banana Choc Chip

Loaf, carrot cake and assorted cookies – available at Co Op with the NO NUT LABEL

Dried cranberries, cherries

Yogurt covered fruit

Bears Paw cookies by Dare

Cheese cubes (not those sliced at the deli due to cross contamination)and crackers (Crackers that are nut-free are Breton, including mini's but not sesame, plain Ritz -not the sandwiches, Dare Melba Toast, Nabisco Saltines, Nabisco Vegetable Thins, Triscuit, and Wheat Thins)

Cheese strings

Mini-Go - yogurt - please send a spoon

Sun Maid Raisins – not chocolate covered

Packaged Rice Krispie treats – plain only

Rice cakes

Apple sauce cups - please send a spoon

Yogurt (drinkable)

Yogurt tubes (only frozen ones please)

Nabisco – Barnum Animal crackers

Keebler bite size snackin grahams

Fruit to Go (Sun Rype)

Fruit roll ups

Real Fruit Snack bars (Dare)

Dole fruit bowls - please send a spoon

Del Monte Fruit to go cups - please send a spoon

Pepperoni sticks (soft)

Quaker Chewy Granola bars: ONLY Apple, Raspberry, Bumbleberry, Rocky Road, S'mores, chocolate chips (**bearing the Peanut Free label**)

ANY SNACK THAT HAS THE NO NUTS LABEL ON IT IS ACCEPTABLE

We have a copy of The Peanut Allergy Handbook at school if you would like to look through it while you are at school, however we do not loan it out. You can order one from <http://www.peanutaware.com/>

Here is good info for parents to follow regarding choking risks and food:



What foods present a choking risk for children?

Young children delight in feeding themselves. However, parents and teachers of young children need to be cautious at the table.

Foods that are hard, round or difficult to chew can sometimes lodge in small airways, causing a child to choke. To be on the safe side, consider the following advice on finger foods for young children:

Avoid giving hard, or difficult-to-chew-foods such as raw carrots and other crunchy vegetables, hard candy, lollipops, and popcorn.

Modify the shape and texture of firm foods. Cut grapes into quarters, hot dogs into fine sticks rather than round slices, chop apples and firm fruits into very small pieces, and cook carrots and hard vegetables until soft, then cut into small pieces.

Keep an eye on small children when they are eating. Small children may eat in a hurry, stuff too much food in their mouths, or chew their food inadequately. To avoid accidents, children should not be allowed to run or play with food while chewing. Feed small children only when they are sitting down and are in a relaxed atmosphere.