

No Nuts Policy and Food Allergies

In order to comply with the U.S. Americans with Disabilities Act and to keep those students with a deadly form of nut allergy safe at school, San Tan Charter School is a nut free school. **No peanut or tree nut sandwiches, granola bars containing nuts, trail mixes containing nuts or nut powders, other snacks containing nuts or any other form of peanuts or tree nuts are permitted on school grounds.**

Due to the growing number of students who have been diagnosed with food allergies such as peanut allergies, which can be fatal to some, we ask that you be mindful of the existence of food allergies among children and discourage sharing of snacks or lunches. **Sharing food at school is strictly prohibited.**

Please do not embarrass your child by sending any food items that will be taken away during lunch time.

The following nuts are not allowed on campus: Peanuts, Almonds, Cashews, Beechnuts, Brazil Nuts, Chestnuts, Hazelnuts (NO Nutella), Macadamia Nuts, Pecans, Pistachios, Shea Nuts, Walnuts

If you do not see a nut on this list, please contact the school if you have questions.

Food products that are manufactured in a facility that does or may contain nuts ARE acceptable. For example, if it says:

- In the list of ingredients, “contains nuts, tree nut, peanuts,” this is not an acceptable lunch item for school.
- In the list of ingredients, “may contain peanut and tree nuts,” but you do not see this in the list of ingredients this may be an acceptable lunch item.
- “Made on shared equipment that also processes peanuts or tree nuts” this is an acceptable lunch item.
- Or “made/processed in a facility that also processes peanuts or tree nuts” this is an acceptable lunch item.

Some alternatives to peanut butter are (many of these are available at stores like Target, Sprout’s, Fry’s, Fresh & Easy):

- Soy nut butter
- Sunbutter
- Cream cheese
- Cheese
- Pumpkin seed spread
- Hummus
- Lunch Meats
- Egg
- Avocado spreads
- Tahini
- Peabutter spreads

Snacks: Students who chose to eat a snack outside of their scheduled lunch period are free to bring a fresh fruit or vegetable, or other item from the list provided from home under the following conditions.

- Snack time is a classroom option, and students who do not comply with this policy will be asked to discontinue bringing snacks.
- Fruits and vegetables are highly encouraged as a healthy snack. Any plastic silverware necessary to consume the snack should be provided from home.
- Snacks must be kept in the student’s backpack until snack time.
- Students are never allowed to share snacks in the classroom to be cognizant of food allergies.
- Students may keep a bottle of water containing water at their seat, provided there is a lid or cap. **Water bottles must be taken home to be washed each day.**

Fresh fruit and vegetables are highly encouraged as a classroom snack. Other acceptable items include: *beef/turkey jerky, yogurt covered raisins, cheese, sunflower kernels & raisins, figs, and edamame.

Foods of minimal nutrition value are discouraged at San Tan and may be subject to confiscation by school personnel during the school day. Minimal nutritional value foods will not be sold, served, or given out as free promotion anywhere on school property at any time during the school day:

Foods of minimal nutritional value (FMNV) as defined by U.S. Department of Agriculture regulations that are subject to confiscation are:

- All food and beverage items listing sugar, in any form, as the first ingredient (including soda and carbonated beverages)
- All forms of candy.

Alternative foods for lunch: Some alternative lunch foods that do NOT contain nuts or peanut butter

Brach's Fruit Snacks
Cheerios (Original ONLY)
Fresh Vegetables/Ranch Dip
Fresh Fruit
Keebler Saltine Cracker (Zesta Originals)
Keebler Toasted Crackers
Keebler Town House Originals
Keebler Club Crackers Originals
Keebler Cheddar Sandwich Crackers
Keebler Wheatables-Original and Honey
Wheat
Keebler Graham's – Original, Honey,
Chocolate
Keebler Munch'ems Baked Snacks (original
and cheddar)
Keebler Scooby Doo Cheddar Crackers
Keebler Scooby Doo Graham Cracker Sticks
Kellogg's Fruit Snacks
Kraft Cheesenis (Original Cheddar ONLY)

Kraft Handi-Snacks (Breadsticks-n-Cheese,
Pretzels-n-Cheese, Ritz Crackers-n-Cheese)
Lunch Meats
Motts Apple Sauce (individuals come in 6
packs)
Nabisco Barnum's Animal Crackers
Nabisco Flavor Originals Better Cheddars
Nabisco Fruit Snacks
Nabisco Premium Saltines
Nabisco Chicken in a Biskit
Nabisco Wheat Thins and Vegetable Thins
Nabisco Triscuits
Nabisco Twigs
Nabisco Sociables
Nabisco Ritz Sticks
Pepperidge Farm Goldfish Crackers (NO
peanut butter flavor)
Pepperidge Farm Giant Goldfish & Goldfish
Crisps

(NO Goldfish Sandwiches)
Ritz Dinosaurs
Rold Gold Cheddar Tiny Twists
Rold Gold Honey Mustard Tiny Twists
Rold Gold Braided Twist
Rold Gold Butter Checkers
Rold Gold Pretzels
Rold Gold Snack Mix and Munchies
String Cheese/Cheese Cubes
Sun-Maid Raisins
Sunshine Cheez-It Party Mix
Sunshine Cheez-It (Original, SpongeBob,
Cheddar Jack, Twisterz Cheddar)
Sunshine Big Cheez-It
Sunshine Saltine Crackers (Krispy Originals)
Wal-Mart "Great Value" Brand Animal
Crackers (Original)

Granola Bars that do NOT contain nuts

FOUND IN WALMART

Quaker Chewy chocolaty mint, chocolate swirl, chocolate chip, dark chocolate, oatmeal raisin, chocolate chunk, cookies and cream, smashbar
Quaker Yogurt: Blueberry, vanilla, Strawberry
Quakes rice snacks: caramel corn, cheddar cheese, ranch,
Kellogg's Nutri-Grain: cherry, blueberry, strawberry yogurt, apple cinnamon, strawberry, raspberry
Kellogg's K: Fruit Crisps Blueberry, Fruit Crisps Strawberry, Raspberry Cheesecake, Blueberry
Walmart Brand "Great Value": mixed Berry, chocolate chunk, s'mores, strawberry, apple cinnamon
Chex Mix: chocolate chunk
Nature Valley: oats & honey, granola thins dark chocolate, oats'n dark chocolate, Crunchy apple crisp,
Nature Valley Yogurt: strawberry, vanilla
Cascadian Farms: chewy chocolate chip, vanilla chip chewy
Post: Cocoa Pebbles, Fruity Pebbles
Lucky Charms: marshmallow, triple chocolate
Golden Graham's: chocolate marshmallow

FOUND IN SPROUTS

Cliff Kids Z Bar: Chocolate Chip, Honey Graham, Chocolate Brownie, Iced Oatmeal Cookie
Cliff Bars: Chocolate Brownie, Blueberry Crisp, Chocolate Chip
Cascadian Farms: Harvest Berry, Vanilla Chip
Sprouts brand: Blueberry, Apple, Strawberry
Cliff Crunch: Honey Graham, Chocolate Chip, Chocolate Brownie, Blueberry, Honey Oat, Blueberry Crisp
Natures Path: Pumpkin and Spice, Berry Strawberry, Choconut (only has coconut which is not a "nut")
EnviroKids: Crispy Rice Chocolate, Fruity Burst, Berry Blast
Annie's: Berry Berry, Chocolate Chipper
Kashi: Blackberry Graham, Ripe Strawberry, Cherry Vanilla

