

Healthy and Allergen-Free Snacks



Dear Goldwood Families,

There are several students in our school that have severe, life-threatening food allergies. Safety for all our children is a priority at Goldwood. As parents send their children off to school in the morning, we want them to feel confident that Goldwood is doing everything they can to protect their children from all dangers, even if the danger is food.

We recognize that due to the increasing prevalence of life-threatening food allergies amongst students we must be diligent and do our part to protect everyone by eliminating a possible source of harm. The food and snacks listed are free of the most common four food allergens: eggs, peanut, tree nuts, and milk. Please note that this list is subject to revision due to continual changes in manufacturer packaging and processing OR if an additional allergy is identified in a classroom.

As a school, we are encouraging “healthy snacking”. By instituting some thoughtful consideration into the classroom “snack plan”, we can make the classroom a safe place for our students. We are asking parents to be conscientious in the selection of daily snacks and birthday treats that their children bring to school in an attempt to limit the chances of children being exposed to a food allergen. We highly encourage that birthday treats be non-food items (stickers, pencils, erasers, etc.).

Not only do we want to encourage allergen-free snacks, we want to ask parents to send in healthy snacks (fruits, veggies, raisins, crackers, etc.). The only way to be absolutely sure that a snack is allergen free is to read the label carefully, for example “**traces of nuts or manufactured in a facility that processes nuts**”.

We thank you in advance for your consideration in making the school environment safe for all our Goldwood children. Together we can make a difference for our children.

Respectfully,

Dr. Carol Rosiak
Principal

Nurse Jenni
School Nurse