



Holy Family Regional Catholic School Safe Foods List 2017-18

The safety of our students, here at Holy Family, is of the utmost importance to us. That is why we have adopted the safe food policy. It is very difficult to have a complete list of safe foods.

This is because ingredients list change, as do manufacturing processes. Manufactures are required to provide a list of ingredients on packaging but this is not always reliable nor have all manufactures complied. The list below is a revised safe food list; however it is very important that all labels are read before the items are sent to school. If a label reads, *made in a facility that processes nuts* it is not approved as a safe food. When in doubt, call the manufacturer.

Most large food manufacturers, like those listed below are very understanding of people with food allergies and do label their products well. Unfortunately we do not allow homemade foods since there could be an issues of cross contamination.

Thank you for your consideration and support in keeping your child and all of our students safe.

Peanut & Tree Nut Free Foods

Fresh Fruits and Vegetables

apples	blueberries	pears	apricot	plums	applesauce
peaches	pineapple	oranges	tangerines	watermelon	cherries
celery	broccoli	cucumber	grapes		

Sunmaid or Dole raisins - plain

<p style="text-align: center;"><u>Herr's</u></p> <p>Potato Chips Ripple Chips BBQ Chips Popcorn (white) Pretzels</p>	<p style="text-align: center;"><u>Lays</u></p> <p>Classic Chips</p>	<p style="text-align: center;"><u>Nabisco</u></p> <p>Wheat Thins Ritz Crackers (Original) Triscuits (Original) Graham Crackers abd sticks – honey, cinnamon Teddy Grahams – honey, cinnamon Oreo cookies (Regular or Golden) Barnum's Animal Crackers</p>	<p style="text-align: center;"><u>Rold Gold</u></p> <p>Pretzels, Classic style Sticks Thins Rods</p>
<p style="text-align: center;"><u>Dips</u></p> <p>Kraft's Ranch Hidden Valley Ranch (Both contain egg)</p>	<p style="text-align: center;"><u>Utz</u></p> <p>Potato Chips Pretzels Popcorn Corn Chips Tortilla Chips Cheese Curls/Balls</p>	<p style="text-align: center;"><u>Fritos</u></p> <p>Original Corn Chips</p>	<p style="text-align: center;"><u>Tostitos</u></p> <p>Restaurant Style Tortilla Chips Bite Size Round Tortilla Chips</p>
<p style="text-align: center;"><u>Kellogg</u></p> <p>PopTarts(contain egg) Rice Krispie Treats single wrapped (ORIGINAL ONLY)</p>	<p style="text-align: center;"><u>Hostess</u></p> <p>Powder, frosted or glazed donuts Muffins – Mini or Regular (Both contain egg)</p>	<p style="text-align: center;"><u>Pringles</u></p> <p>Original</p>	<p style="text-align: center;"><u>Pepperidge Farm</u></p> <p>Goldfish crackers – Original Colors Cheddar Flavor Blast Pretzel</p>
<p style="text-align: center;"><u>Candy</u></p> <p>Skittles Starburst Tootsie rolls Tootsie Pops</p>	<p style="text-align: center;"><u>Candy</u></p> <p>Mike & Ike Twizzlers Laffy Taffy Dum Dums</p>	<p style="text-align: center;"><u>Candy</u></p> <p>Jolly Ranchers Air Heads Skittles Sour</p>	<p style="text-align: center;"><u>Candy</u></p> <p>Smarties Kraft Marshmallows Sour Patch Kids</p>