



North Hanover Upper Elementary School

351 Monmouth Road
Wrightstown, NJ 08562
(609) 738-2622

Dear Parents and Guardians:

Increasing numbers of students with a variety of food allergies and new School Nutrition Program guidelines have caused us to take a careful look at our policies and practices for serving food in the classroom. Here at the Upper Elementary School, we have several students who have life-threatening allergies to nuts and nut products, as well as eggs, dairy and other foods. Exposure to these products may require the administration of epinephrine, as well as a hospital visit. We also have new School Nutrition Program Guidelines that require that any foods served during the school day, for any reason, meet certain requirements.

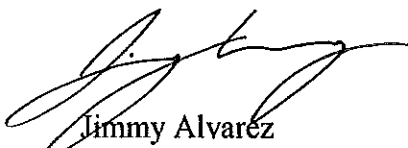
In order to assure the safety of our students, and to ensure that we are meeting all required guidelines, our nurses have worked diligently to provide you with a list of foods that are appropriate for most of our classroom celebrations like birthday parties, holiday events, etc. When planning for these occasions, please select foods that are from this list, or contact your child's school cafeteria for foods they are able to supply for the occasion. All ingredient labels must be on the product and whole label must be able to be read. If your teacher has notified you that there is a food allergy in your child's class that includes a product that you find on the list, we ask that you kindly make another selection. **Absolutely no home baked goods or home cooked foods can be shared here at UES during parties, celebrations or special activities. If homemade foods are brought in for those events they will not be served to the students.**

****Please note that Halloween is coming up and we cannot allow candy or foods to be handed out to classmates by other children. Candy is not permitted and any other food must be handed out by adults.**

Students will be reminded after they have enjoyed their snack or activity in the classroom to use good hand washing techniques to prevent the accidental exposure of food allergens to others in the building.

Please feel free to contact us if you have any concerns or questions.

Sincerely,



Jimmy Alvarez
Principal



Tina Voisine Zack, BSN, RN, CSN- NJ
School Nurse

North Hanover Township School District

Healthy Approved Food List

Pretzels

UTZ - Sourdough Special, Extra Dark Sourdough, Unsalted Sourdough Special, and Butter Waffles (all contain wheat and milk) and Extra Thin (contain Wheat)

ALL UTZ products are manufactured with Sesame Seeds

Rold Gold- Fat-free Tiny Twists, Honey Mustard Tiny Twists, Thins (all contain Wheat)

Bachman- Rolled Rods, Thin and Right, Original Twists (all contain wheat)

Potato Chips

UTZ- Baked Original, Baked Tangy BBQ, Baked Ripple Cut (contain Soy and Manufactured with Milk) and Baked Sour Cream and Onion Ripple Cut (Contain Soy and Milk)

Lays- Original, Lightly Salted and Deli Style

Tortilla Chips

UTZ- White Corn, Yellow Corn, Baked Bite Size (manufactured with milk, wheat and Soy)

Tostitos- SIMPLY Tostitos Yellow or Blue, Oven Baked Scoops, Original Restaurant Style

Popcorn

Bachman-Air popped Popcorn, Lite Air Popped and Butter (contains milk)

UTZ- Butter, White Cheddar (both contain milk)

Skinny Pop- Original, black pepper, sweet and cheddar(natural ingredients no milk)

Pita Chips

Stacy's - Simply Naked, Multigrain, Cinnamon Sugar

Salsa

Tostitos - Mild Salsa

Sabra- Homestyle Salsa

Ortega- Homestyle mild, Thick and Chunky mild

Dips

Sabra- Guacamole,

Sabra- Greek Yogurt Dip, Crisp Bell Pepper or Diced Onion (All contain milk)

Tostitos- Zesty Taco Dip

Kraft- Ranch Dressing (contains milk)

Good Seasons- Light Honey Dijon with grey Poupon Dressing (hard to find)

Kens- Balsamic with Honey Dressing

Hummus

Sabra- Basil Pesto, Classic, Roasted Garlic (contain ground Sesame seeds)

Athenos- Original, Greek Style, Roasted Garlic (contain ground Sesame seeds)

Tribe- Zesty Spice and Garlic, Classic, Roasted Garlic (contain ground Sesame seeds)

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Healthy Approved Food List

Crackers

Keebler Club - Multigrain, Original
Keebler Graham - Original, Cinnamon, Honey Grahams
Keebler Townhouse- Original, Wheat
Cheezit- original (milk)
Goldfish- original (milk)

Fresh Veggies or Fresh Fruit/Fruit

Raisins
Fruit Cups- Motts, Delmonte
Applesauce cups-Musselmanns, Motts
Fruit Snacks - Motts, Ocean Spray, Sunkist
Dried Fruit Packaged snacks

Cheese slices/Cheese tray

Pudding

Jell-O- Pudding - Chocolate, Vanilla
Swiss Miss Pudding - Chocolate, Vanilla

Frozen Juice or Fruit Pops

Dole- Fruit and Juice Bars
Edy's- Fruit Bars
Whole Fruit- Fruit Bars
Please check with the school nurse about allergens before purchasing product

Yogurt Low fat

Yoplait- Vroom Vanilla, Dora Strawberry and Mickey Mouse Strawberry Banana
Stoneyfield Yo Kids- Strawberry-Vanilla, Banana-Strawberry
Chobani Champion Tubes- Jammin Strawberry, Rockin Blueberry
Chobani Champion Cups- Orange-Vanilla, Banana-Honey
All Non-Fat or Low-fat Yogurts are usually acceptable BUT Please check with school nurse before purchasing due to specific fruit allergens

Sweet Treats

Barnum Animal Crackers
Oreos- Regular and Golden
Fig Newtons (contain milk)
Rice Krispie Treats (contain milk)
Jello cups
Chips Ahoy Chunky and Regular
Keebler Vanilla wafers