



Dear Saw Mill Parents and Guardians,

At Saw Mill Club Children's Center we are dedicated to providing a safe environment for all our children. Within our center, we have a growing number of students and families dealing with serious peanut and tree nut allergies. Therefore, we are putting the following safety guidelines into effect:

Snacks and Lunch

- Please do not send and **peanuts, peanut butter, or foods containing peanuts or tree nuts** to be eaten as snacks in the children's center.

Birthday Treats

- Birthdays are a special time for children, but can be a difficult time for the food allergic child. If you intend on sending in a birthday treat, it must be a safe snack. You will find a list on the back of this letter. No homemade baked goods are allowed. Bakery items that are "allergy safe" are allowed. It would be helpful to let your child's teacher know a few days ahead of time when you would like to bring in a treat so that the treat can be approved.

Minimizing Cross Contamination

- Cross contamination is the most difficult piece to manage. We are placing great importance on hand washing and sanitizing before and after children eat. Similarly, if your child eats peanut butter for breakfast, we would greatly appreciate you making sure his/her hands are washed with soap and water before leaving for Saw Mill Club.

This is a learning process for all, but we trust that you understand how deeply important it is to respect and adhere to these guidelines. If throughout the year you have any questions or concerns about food allergy issues, please do not hesitate to contact me.

Warmest Regards,

Whitney Kennedy, Director

Safe Snack List



Fruits and Vegetables

Apples	Bananas	Carrots
Oranges	Watermelon	Cucumber
Bell Peppers	Grapes	Strawberries
Peaches	Plums	Blueberries
Raspberries	Cherries	Cantaloupe

Snack Crackers and Other Options

Wheat Thins	Triscuits
Raisins	Goldfish
String Cheese	Nutra-Grain Bars
Fruit Cups	Teddy Grahams
Yogurt	Cheeze-Its
Nilla Wafers	Pretzels
Gogo Squeeze Applesauce	Jello Pudding Cups
Popcorn	Fruit Snack
Pirate Booty	Rice Crispy Treats
Oreos	Loora Doone Cookies