



Towanda Elementary School

"Home of the Bulldogs"

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Peanut Free Snack Guidelines

The following guidelines are provided for parents, room parents, and classroom volunteers in order to provide a safe environment for all students at Towanda. We are asking you to avoid all snacks that contain peanuts, peanut flour, peanut oil, peanut butter, or other nut products. This includes snacks with almonds, coconuts, filberts, brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

The most important point to remember is that food labels and ingredients may change over time, so it is imperative that you read the label before purchasing snacks each and every time.

A comprehensive list of all things peanut free cannot be provided because the list is constantly changing. The following is a sample list of some suggested items that have been historically safe. But remember to always check the label!

Fruits and Vegetables:

- Carrots
- Raisins
- Fruit Cups

Cheese and Dairy:

- Yogurt cups or tubes
- Pudding in cups
- String Cheese

Crackers/Snack Items:

- Triscuits
- Wheat Thins
- Ritz Crackers
- Goldfish
- Cheerios
- Chex (Rice, Corn, Wheat)

Ice Cream/Popsicles:

- Popsicles
- Whole Fruit Bars

Cakes/Cupcakes

- Hostess, Twinkies, Ho Hos, Ding Dongs
- Krispy Kreme Donuts
- Oreos
- Nilla Wafers

Chips:

- Sun Chips
- Lays
- Doritos

Candy:

- Skittles
- Starbursts
- Hershey Kisses, Milk Chocolate
- Life Savers
- Tootsie Rolls & Pops

Thank you for your assistance in providing a safe environment for all children!

