



FOOD ALLERGIES AND CLASSROOM SNACKS

McFarland School District Health Services

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Dear Parents/Guardians:

Health Services is committed to the daily management of students with identified life threatening food allergies. The increase of students with severe allergies poses unique challenges for both students and school staff. It is our goal to avoid and prevent accidental exposure to students who may be affected by allergenic food substances. **This is a reminder that all 4K - Grade 12 McFarland Classrooms are NUT FREE.** Depending upon student needs, some classrooms may have additional food restrictions. These restrictions do not apply to the lunchroom setting. *However, a Nut Free table is available for student use, please contact the Health Office if you would like your student to sit at a Nut Free table during lunch.*

PLEASE HELP BY FOLLOWING THESE GUIDELINES

1. **NO NUTS IN CLASSROOMS.** Snacks containing peanuts or other nuts may not be brought into classrooms. This includes almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. Please read ingredient lists carefully as some manufacturers may omit details on product labels.
2. **SAFE SNACKING.** Classroom special treats/shared snacks must be store bought/prepared only.

SAFE CLASSROOM SNACK CHOICES

- Graham crackers
- Fruits
- Raisins
- Yogurt
- "Original" Pringles
- Popcorn
- Cheese-Its
- Vegetables
- Fruit Roll-Ups
- Popsicles
- Pretzels
- Pudding cups
- Cheese Nips
- Applesauce
- Juice pops
- Plain bagels
- String cheese
- Juice

3. **PLAN AHEAD.** If your child has a *life threatening food allergy*, the parent/guardian is responsible for communicating with the health office, providing emergency medication and a safe snack alternative for daily use.

Please visit the website snacksafely.com for a link to a safe snack guide.

THANK YOU FOR KEEPING OUR STUDENTS SAFE!

PEANUT-FREE/NUT-FREE SNACKS



The Ultimate List of Peanut Free + Nut Free Packaged Snacks