

## **DISTRICT 96 APPROVED SNACK LIST FAQs**

### ***WHO COMPILES THE APPROVED SNACK LIST?***

The Approved Snack List is compiled by a committee consisting of the Director of Educational Services, District Nurse, and parent volunteers. Any parents who wish to contribute ideas and participate in the drafting of the list are welcome to serve as part of the team. If you are interested in participating, please contact Jennifer Dunne, Director of Student Services.

### ***WHAT CRITERIA ARE USED WHEN DEVELOPING THE LIST?***

Items on the Approved Snack List are free of Gluten and the Top 9 Allergens (Milk, Eggs, Peanuts, Tree Nuts, Fish, Shellfish, Soy, Sesame and Wheat). Ensuring that items are free of these ingredients helps to assure that classrooms are safe for students to learn.

### ***WHY DOES THE LIST CHANGE EVERY YEAR?***

Each year all items on the Approved Snack List are re-checked to ensure that they continue to be free of the Top 9 Allergens and gluten and that there is no risk of cross-contamination at the production site. Additionally, new items on the market are added.

### ***WHY MUST THE CLASSROOM BE FREE OF THESE ALLERGENS, BUT THE LUNCHROOM IS EXEMPT?***

It is essential that we provide all students with a classroom environment in which they are safe to receive their education. The lunchroom is a larger location where we can offer a variety of food items while still allowing students a safe place to sit.

### ***WHY CAN'T I SEND A SNACK WITH MY CHILD THAT ABSOLUTELY MEETS THE APPROVED SNACK LIST REQUIREMENTS BUT IS NOT ON THE LIST?***

It is important that teachers and families clearly understand what items are allowable for snack. By publishing a list only once a year, at the beginning of the school year, we are able to ensure that every product has been checked properly and is safe to bring to school. Parents who want to submit snacks for consideration for the following year's list are encouraged to do so.

### ***I AM CONFUSED ABOUT THE CUT FRUIT AND VEGETABLE POLICY.***

You MAY send your child to school with their own servings of cut fruits and vegetables from home for their daily snack.

You MAY NOT bring cut fruits and vegetables to serve at CLASS PARTIES.

Because platters of fruit and vegetables are shared at class parties, the risk of cross contamination by utensils or other exposure to allergens in the home kitchen is higher. Daily snack is eaten at each student's own desk and not shared with others. Desks are wiped down after snack is complete.

### ***AM I ALLOWED TO SEND MY CHILD WITH HOME PACKAGED APPROVED SNACKS - I.E. PRODUCTS THAT COME FROM LARGER BAGS THAT HAVE BEEN PORTIONED OUT INTO ZIPLOC BAGGIES?***

All snack items need to be sent to school in their original packaging. This allows staff to ensure that all items eaten in the classroom come from the Approved Snack List.