

Holy Family Regional Catholic School  
3265 Concord Road  
Aston, PA 19014  
**SAFE SNACKS LIST**

The safety of our students, here at Holy Family, is of the utmost importance to us. That is why we have adopted the safe food policy. It is very difficult to have a complete list of safe foods. This is because ingredients list change, as do manufacturing processes. Manufactures are required to provide a list of ingredients on packaging but this is not always reliable nor have all manufactures complied.

The list below is a revised safe food list; however, it is very important that all labels are read before the items are sent to school. If a label reads, *made in a facility that processes nuts* it is not approved as a safe food. When in doubt, call the manufacturer. Most large food manufacturers, like those listed below are very understanding of people with food allergies and do label their products well.

Unfortunately, we do not allow homemade foods since there could be an issues of cross contamination. Thank you for your consideration and support in keeping your child and all of our students safe.

**Peanut & Tree Nut Free Foods**

**Fresh Fruits and Vegetables**

apples, blueberries, pears, apricots, plums, applesauce, peaches, pineapples, oranges, tangerines, watermelon, cherries, grapes, celery, broccoli, cucumbers, carrots  
Sunmaid or Dole raisins - plain

<b><u>Herr's</u></b> Potato Chips Ripple Chips BBQ Chips Popcorn (white) Pretzels	<b><u>Lays</u></b> Classic Chips	<b><u>Nabisco</u></b> Wheat Thins Ritz Crackers (Original) Triscuits (Original) Graham Crackers abd sticks – honey, cinnamon Teddy Grahams – honey, cinnamon Oreo cookies (Regular or Golden) Barnum's Animal Crackers	<b><u>Rold Gold</u></b> Pretzels, Classic style Sticks Thins Rods
<b><u>Dips</u></b> Kraft's Ranch Hidden Valley Ranch (Both contain egg)	<b><u>Utz</u></b> Potato Chips Pretzels Popcorn Corn Chips Tortilla Chips Cheese Curls/Balls		<b><u>Tostitos</u></b> Restaurant Style Tortilla Chips Bite Size Round Tortilla Chips
<b><u>Kellogg</u></b> PopTarts(contain egg) Rice Krispie Treats single wrapped (ORIGINAL ONLY)	<b><u>Hostess</u></b> Powder, frosted or glazed donuts Muffins – Mini or Regular (Both contain egg)	<b><u>Fritos</u></b> Original Corn Chips	<b><u>Pepperidge Farm</u></b> Goldfish crackers – Original Colors Cheddar Flavor Blast Pretzel
<b><u>Candy</u></b> Skittles Starburst Tootsie rolls Tootsie Pops	<b><u>Candy</u></b> Mike & Ike Twizzlers Laffy Taffy Dum Dums	<b><u>Pringles</u></b> Original	<b><u>Candy</u></b> Smarties Kraft Marshmallows Sour Patch Kids