



WHEELER AVENUE SCHOOL



One West Wheeler Avenue • Valley Stream, New York • 11580 • (516) 568-6140
www.valleystream13.com

Constance D. Evelyn, Ed.D.
Superintendent of Schools

John Frias
Principal

Teacher: _____

Date: _____

Dear Parents/Guardians:

The purpose of this letter is to inform you that a classmate of your child is severely allergic to peanuts and all other nuts. As a result, **these children cannot eat or come into contact with any food that contains nuts and/or peanuts. Contact or eating such prohibited foods could result in a serious reaction, causing illness or even death to these children. Children with severe allergies will have a life-threatening reaction even if the nut product is in the air of the classroom.** The allergies are to all nuts, peanut butter, nut oils and any product made with nuts. This includes those foods that may contain only a trace amount of nut (i.e. certain commercial and bakery goods, chocolate candies, M&M's, etc.)

The best treatment for these food allergies is strict avoidance. Anything that you can do to help in this situation would be greatly appreciated. Your child's classroom is a dedicated "peanut-free" classroom. Please avoid sending any nuts, peanut butter or food with nut products in for your child's snack. These restrictions also apply on class/field trips.

Please feel free to **contact our school nurse, at 568-6143**, if you have any questions or wish to discuss the matter further. Your cooperation in this matter is greatly appreciated.

Regards,

John Frias
Principal

Snacks Permitted In a Peanut-Free Classroom

Snacks

Nabisco Oreo Sandwich Cookies
Nabisco Uh-Oh Oreo Sandwich Cookies
Nabisco Chips Ahoy Blue Bag
Nabisco Graham Crackers
Nabisco Chips Ahoy Chewy Red Bag
Nabisco Ritz Crackers
Nabisco Nilla Wafers
Nabisco Kraft Cheddar Cheese Nips
Nabisco Cameo Crème Sandwich Cookies
Nabisco Original Flavor Wheat Thins
Keebler Fudge Shoppe Fudge Stripes, Fudge Covered Shortbread Cookies
Stouffers Animal Cookies
Sunshine Cheez-It Baked Snack Cracker
Pepperidge Farms Cheddar Cheese Goldfish Snack
Pepperidge Farms Goldfish Baked Snacks
Pepperidge Farms Milano Milk Chocolate Cookies
Pepperidge Farms Mini Milano Cookies
Utz Pretzel Logs
Pathmark Pretzel Sticks
Wise Cheese Doodles Puffed
Lays Classic Potato Chips
Pringles Original Potato Chips
Bachman Air Popped Popcorn – no preservatives
Betty Crocker Fruit by the Foot
Rice Krispy Treats
Stella D'Oro Margherite Vanilla Cookies or Combo Cookies
Hostess Cupcakes Chocolate Cake with Creamy Filling
Hostess Cupcakes Golden Cake with Creamy Filling
Kellogg's Pop Tarts Chocolate Chip
Kellogg's Pop Tarts Hot Fudge Sundae
Kellogg's Pop Tarts Snak-Stix Cookies and Crème
Drake's Powdered Donut Delites
Nabisco Teddy Grahams (Chocolate Chip, Dora, Spongebob, Bob the Building & Original)
Entenmann's Soft Baked Cookies Original Recipe – Chocolate Chip
Entenmann's Little Bits Chocolate Chip Muffins
Entenmann's Little Bits Brownie Fudge
Entenmann's Donut Shoppe Glazed Pop-ems (only)
Betty Crocker Honey Graham Dunkaroos Chocolate Chip Cookies and Chocolate Frosting
Betty Crocker Cookies and Cream Chocolate Cookies And White Frosting
Kraft Handi Snacks Teddy Grahams Bearwiches Chocolate
Betty Crocker Super Moist Cake Mix (French Vanilla, Yellow & Chocolate)
Duncan Hines Moist Deluxe (Devil's Food, Classic Yellow)

Brachs Fruit Snacks
Betty Crocker Rich & Creamy (Milk Choc. or Vanilla Frosting)
Raisins
Nabisco Fun Fruit Snacks (Dora, Blues Clues, Nickelodeon)

Yogurts & Pudding

Kraft Handi Snacks Pudding Vanilla or Chocolate
Hunts Snack Pack Pudding Vanilla or Chocolate
Nabisco Jello Pudding Bites (Choc./Vanilla or Strawberry/Vanilla)
Danimals Drinkable Lowfat Yogurt (all flavors)
Yoplait Gogurt Portable Yogurt (all flavors)
Jello Gelatin Snack Packs

Cheese

Polly-O String Cheese (Mozzarella)

Juices

Pathmark Apple Juice
Motts Apple Juice
Apple & Eve Apple, Grape or Punch
Juicy Juice Apple, Grape or Punch
Tropicana Orange Juice

Candy

Kraft Jet Puffed Marshmallows
Spangler Dum Dum Pops
Sweet Tarts
Twizzlers Licorice
Skittles
Charms Assorted Blow Pops
Hershey's Kisses Milk Chocolate
Life Saver's Pastel Pops
Hershey's Milk Chocolate Candy Bar (Only Type of Chocolate Allowed to Eat).