

# Food Guidelines for Middlefork School

## **RATIONALE:**

As parents and educators, our primary concern is the physical, social and emotional well-being of our students. At Middlefork, we strive to maintain a safe and inclusive environment for all students, including the increasing number of students entering our school with food related allergies and sensitivities. Allergies are the most common medical conditions affecting children in the United States. The most common types of allergic conditions are related to skin, digestion, and respiration. Allergies can affect a child's physical and emotional health, and can interfere with daily activities such as sleep, play, and participation in school. Additionally, a severe allergic reaction with rapid onset can lead to anaphylaxis, and can be life threatening. Foods represent the most common cause of anaphylaxis among children and adults. According to FARE, "one in every 13 children has a food allergy—that's about 2 in every U.S. classroom. And every 3 minutes, a food allergy reaction sends someone to the emergency room." Therefore we have established these guidelines regarding food being brought in/consumed at school, with the goal of sustaining a safe and inclusive environment for all Middlefork students.

## **DAILY SNACK:**

Students may bring a small snack to school daily. Snacktime currently occurs outside or in the classrooms at a designated time by the teacher. Only snack items listed on the Middlefork School Snack List (Revised August 2023) will be permitted. This list includes foods that should not pose a health threat to any child in the school, based on known/reported allergies. The list of ingredients have been reviewed, as well as processing facilities for cross contamination. It is important to note that allergens can not only be transferred by ingestion, but also by touch (and airborne). It is our intent to reduce the chances of cross contamination of objects handled by students within and outside their classrooms.

## **LUNCH:**

Students may bring lunches containing nut products to be consumed in the lunchroom only. Middlefork maintains allergy safe lunch tables for students who are sensitive/allergic to specific foods or ingredients. The decision to access one of these tables can be made by the student's parent(s) in consultation with the school nurse, teacher, and/or administrator. \*NOTE: We do not sit students alone at the allergy safe tables and ensure that they are integrated with their peers in a safe manner.

## **BIRTHDAYS AND HOLIDAYS:**

We celebrate birthdays in various creative ways at Middlefork, both in the classroom and during a monthly "Birthday Lunch with the Principal." Edible treats for birthdays (and other special occasions) are not permitted in the building. Please contact your student's teacher if you have any questions about celebrating your student's upcoming birthday. Middlefork students also enjoy various annual class celebrations and festivities (e.g., Halloween, Winter-theme, etc.). We are appreciative that our room parents typically coordinate these events and abide by the food guidelines as well.

## **ALLERGY INFORMATION ON FILE:**










All information regarding student-related allergies should be communicated to the school nurse prior to each school year. District 29 requires an Allergy Action Plan and Authorization for Medication Administration forms to be completed at the beginning of each school year. Please contact the school nurse, Amy King for any questions: [kinga@srd29.org](mailto:kinga@srd29.org) or 847-881-9503.

# Middlefork Snack List 2023-2024

## GUIDELINES:

Middlefork students may bring an item from the list below to eat during snack time. This list includes foods that should not pose a health threat to any child in the school, based on known/ reported allergies. As a reminder, they will be eating in the classroom, or outside when possible. It is important to note that allergens can not only be transferred by ingestion, but also by touch (and airborne). It is our intent to reduce the chances of cross contamination of objects handled by students within and outside their classrooms.

The following are the only approved items that are permitted at Middlefork that can be eaten during snack time. While we always prefer healthier options (such as fruits and vegetables), we have included several allergen safe, pre-packaged snacks as well. If you have any questions about the ingredients of any of these snacks, we encourage you to further review the labels, and contact your medical provider for additional questions about consumption. **NOTE: All pre-packaged items that are not fresh fruits and vegetables, must be brought to school in their original packaging (no baggies).**

Snack Item	Description	Snack Item	Description
<b>Applesauce</b> <ul style="list-style-type: none"> <li>GoGo Squeeze</li> <li>Mott's Products</li> </ul>		<b>Fruit Snacks</b> <ul style="list-style-type: none"> <li>Annie's Organic Bunny</li> <li>Welch's</li> </ul>	
<b>Cheerios</b> <ul style="list-style-type: none"> <li>Plain</li> </ul>		<b>Fruit Strips / Fruit Bars</b> <ul style="list-style-type: none"> <li>Good and Gather / Simply Balanced Fruit Strips (Target Brand)</li> <li>That's It Fruit Bars</li> </ul>	
<b>Crunchy Snacks</b> <ul style="list-style-type: none"> <li>Friendly Grains Crunchy Rollers</li> <li>Made Good Products</li> <li>Pirate's Booty</li> <li>Popcorners</li> <li>Sensible Portions Veggie Straws</li> <li>Skinny Pop Products</li> </ul>		<b>Dried Fruit</b> <ul style="list-style-type: none"> <li>Bare Snacks (<b>NO COCONUT FLAVOR</b>)</li> <li>Craisins (Ocean Spray)</li> <li>Raisins (Dole and Sun Maid)</li> </ul>	
<b>Fruits and Vegetables</b>		<b>String Cheese</b>	
<b>Fruit Cups</b> <ul style="list-style-type: none"> <li>Dole Brand</li> </ul>		<b>Yogurt</b> <ul style="list-style-type: none"> <li>Go-Gurt (<b>Mixed Berry / Strawberry / Vanilla</b>)</li> <li>Stonyfield Organic Kids Yogurt</li> </ul>	