

Portage Public Schools provides a safe and healthy school environment for all students. We encourage families with a child who has a serious allergy to include that information in and to contact the school office to share their individual plan to ensure the student's safety.

We continue to see an increasing number of students with serious nut and food allergies. To promote everyone's safety we have created a list of allergen-free foods. Peanuts/peanut butter/tree nuts can be a real health risk for a number of students. In addition to not allowing these items in classrooms and at school events, we ask that you not bring in snacks that are made on equipment with products containing peanuts/peanut butter/tree nuts, or that are processed in the same facility with products containing peanuts/peanut butter/tree nuts. We cannot allow home-baked or bakery treats as these can inadvertently pose a risk.

Please note that if any food item not on the safe snack list is brought to a classroom or event, it will be returned home with a reminder of the safe snack choices. This list applies to all classroom snacks, and for any occasion including classroom celebrations, school-wide events, and birthdays.

We ensure allergen safety in school cafeterias by making an allergen-free seating area available for students, as needed. Students may bring any foods for lunch in the cafeteria and follow safety protocols accordingly.

Safe Snack List

- **Fresh fruit- such as Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Grapefruit, Grapes, Honeydew Melon, Mandarin Oranges, Nectarines, Oranges, Peaches, Pears, Pineapple, Plums, Raspberries, Strawberries, Tangerines, Watermelon or Applesauce**
- **Dried fruit (raisins, banana chips, etc.) No Trail Mix**
- **Vegetables- such as Broccoli, Carrot sticks or Baby Carrots, Celery Sticks, Cucumber, Peppers, green beans, Snap Peas, Snow Peas, Tomato slices or grape or cherry tomatoes, Yellow Summer Squash slices, Zucchini slices, etc.**
- **Cheese or Cheese Sticks**
- **Bagels, Rice Cakes, English Muffins, Pita, or Tortillas. NO PEANUT BUTTER on above**
- **Hummus**
- **Dried Breakfast Cereal (no milk) that are not peanut, nut caramel or chocolate flavored**
- **Sunflower seeds, pumpkin seeds**
- **Lunch meat –plain or serve with bread, pita, crackers, tortillas (as a wrap)**
- **Plain/original flavored graham crackers, graham sticks (no nuts, caramel, or chocolate flavored)**
- **Crackers, Pretzels-original flavored (no nuts, caramel or chocolate flavoring)**
- **Microwave popcorn-already popped (no Cracker Jacks, caramel, etc. flavored due to possible allergens)**

NO PRODUCTS THAT MAY CONTAIN PEANUTS, TREE NUTS, COOKIES, CANDY OR GRANOLA BARS WILL BE PERMITTED DURING SNACK TIME.