Mrs. Daniels’ Class Food Allergy Information

Hello!

As our class is getting into a busy birthday season in our classroom, I wanted to inform all of you regarding food allergies in our class.

First of all - I do allow birthday snacks and I do not have any restrictions on birthday snacks other than I appreciate a low mess factor (no sheet cakes, ice cream cakes or the cupcake cakes where they use a lot of cupcakes to form a bigger cake - when you take the cupcakes apart there is a TON of drippy icing and it is really hard for the students to eat!)

These are favorite birthday treats of the past -

 - donuts/donut holes

 - cookies

 - ice cream cups

 - a baggie of a snack mix

 - goodie bags of fun items they can take home

 - cut up fruit

The food allergies in our classroom are:

 **- gluten allergy (they need to eat gluten free food only)**

**- peanut allergy (need to eat peanut and nut free food only)**

Some safe choices for these allergies:

 - fruit and veggies

 - cheese

 - vanilla/chocolate or strawberry ice cream

 - plain tortilla/potato chips (please check bag to make sure no peanut traces)

 - jello

 - pudding (double check package for traces of peanuts to make sure)

 - fruit snacks/fruit leathers (double check package for peanut traces)

If you want to do cupcakes, cookies, or donuts:

 - Meijer has gluten free baking mixes - please double check for peanut allergy information.

            The Immaculate brand of gluten free mix is also peanut free

 - Meijer has a gluten free aisle with cookies in it.  Please check package for peanut traces.

 - Meijer has a gluten free frozen section that has gluten free donuts in it.  Please check for peanuts.

 - ALDI's has a lot of great gluten free baking mixes and cookies.  Please check for peanut traces.

Thank-you for respecting these food allergies and understanding that ***all*** children should be able to participate in special events and treats in our classroom. My family eats gluten free also and I know it means so much to my children when they get to have treats along with their friends!

You can always look information up online too.

As always, if you have any further questions, please feel free to contact me.

Thanks for your cooperation and understanding!

**Mrs. Daniels**