



# Grafton School District

*Preparing Learners for a Dynamic Tomorrow  
Every Student ~ Every Day*

GSD Health Services Memo

September 2018

To: Grafton School District Faculty and Families

As we celebrate milestones and reward behaviors, thank you in advance for remembering our students with food allergies and other health conditions which may make food-based celebrations difficult or unsafe. Treats are a part of our culture, but often students and faculty with conditions like diabetes, ADHD, celiac disease, heart disease, allergies, obesity, eating disorders, etc., may benefit from alternative treats. For your convenience some food and non-food treat alternatives are listed below.

Thank you for your support.

## Avoiding Food Allergens: Suggested Food and Non-Food Alternatives for Classrooms

### Non-Food Alternatives

- Bubbles
- Stickers
- Mini Notepads
- Erasers
- Pencils
- Pencil Toppers or Grips
- Ribbons
- Stress Balls
- Tote Bags
- Crayons
- Stampers
- Books
- Coins
- Trinkets/Toys (figurines, yo-yos, slinkies, etc.)
- Glow Sticks
- Finger Flashlights
- Bookmarks
- Rubber Bracelets
- Rings
- Bouncy Balls
- Trading Cards
- Photos
- Mazes
- Small Crafts
- Play-Doh
- Coupons for Experiences
- Awards/Medals
- Classroom Games
- Finger Puppets

You might also work with your child's teacher to arrange for a short classroom "event" such as a group game, story time, song or dance time, short talent display, donate a special book to the classroom, have classmates sign a t-shirt, or conduct an educational activity or experiment. The teacher may have many other ideas.

### Food Alternatives

*\*\*These suggestions are not inclusive, and reading labels is still required as ingredients may change.*

Snacks for students who avoid **Nuts**: pretzels, animal crackers, popcorn, crackers, cheese sticks, corn chips, salsa, pudding, yogurt, rice krispy treats, tootsie rolls, apple sauce, fruits, vegetables, jerky

Snacks for students who avoid **Gluten**: yogurt, mandarin oranges, grapes, bananas, rice cakes, apple sauce, hummus, gluten-free crackers/pretzels, 100% juice Popsicle, dehydrated fruit, cheese, raisins

Snacks for students who avoid **Eggs and Dairy**: cheerios, apple sauce, raisins, craisins, rice chex, fruit cups, popcorn, teddy grahams, fruit snacks, corn chips

*CONTACT YOUR CHILD'S TEACHER, THE SCHOOL'S FRONT OFFICE TEAM, OR THE DISTRICT NURSE IF YOU HAVE ANY QUESTIONS.*