

Francis X. Hegarty Elementary School

100 RADCLIFFE ROAD
ISLAND PARK, NEW YORK 11558



PHONE (516) 434-2670
FAX (516) 431-2372

ADAM FRANKEL
PRINCIPAL

VINCENT RANDAZZO
SUPERINTENDENT OF SCHOOLS

October 23, 2023

Dear Parents:

Throughout the year it is important to review procedures related to the health and safety of students. As you know, there are students in our school who have life-threatening food allergies. The allergies include peanuts, tree nuts, and sesame seeds. Tree nuts include, but are not limited to:

cashews	walnuts
pistachios	pecans
hazelnuts	almonds

Any contact with these ingredients, even airborne, can pose a serious risk to a student's health. For your convenience, I have attached the Board of Education approved snack list. This letter will serve as a reminder for our families to please check the snack list when packing snacks for your child to eat while in the classroom. Some examples of foods with hidden ingredients include:

Sesame: hummus, tahini, sesame seed bagels, "everything" bagels, multi-grain chips/tortilla chips, falafel, Joyva halvah bars

Hazelnuts: Nutella (a chocolate hazelnut spread)

Pistachios: mortadella (a cold cut containing pistachios)

Your assistance in keeping **ALL** of our students safe and healthy is greatly appreciated.

Thank you for your cooperation. If you have any questions, please speak with me at 516-434-2670.

Sincerely,

A handwritten signature in cursive script that reads "Mr. Adam Frankel".

Adam Frankel
Principal

Francis X. Hegarty Elementary School

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23 de octubre de 2023

Estimados padres:

A lo largo del año es importante revisar los procedimientos relacionados con la salud y la seguridad de los estudiantes. Como saben, hay estudiantes en nuestra escuela que tienen alergias alimentarias potencialmente mortales. Las alergias incluyen cacahuetes, frutos secos y semillas de sésamo. Los frutos secos incluyen, pero no se limitan a:

Anacardos	Nueces
Pistachos	Pecans
Avellanas	Almendras

Cualquier contacto con estos ingredientes, incluso en el aire, puede representar un grave riesgo para la salud de un estudiante. Para su conveniencia, he adjuntado la lista de bocadillos aprobados por la Junta de Educación. Esta carta servirá como un recordatorio para que nuestras familias revisen la lista de bocadillos cuando empaquen bocadillos para que su hijo coma mientras está en el salón de clases. Algunos ejemplos de alimentos con ingredientes ocultos incluyen:

Sésamo: hummus, tahini, bagels de semillas de sésamo, bagels "todo", papas fritas / chips de tortilla multigrano, falafel, barras de Joyva halvah

Avellanas: Nutella (una crema de chocolate y avellanas)

Pistachos: mortadela (un embutido que contiene pistachos)

Su ayuda para mantener a TODOS nuestros estudiantes seguros y saludables es muy apreciada.

Gracias por su ayuda. Si tiene alguna pregunta, hable conmigo al 516-434-2670.

Sinceramente,

A handwritten signature in black ink that reads "Mr. Adam Frankel".

Adam Frankel
Principal

**Island Park UFSD and Island Park PTA
2023-2024**

School policy requires snacks and food for distribution in school from the following lists (front and back). School policy also excludes all home baked/homemade items and items not on the list provided below. All items on this list are peanut and tree nut free. It does not represent all allergens. This list is posted on the district website for easy access on your smart phone. Though we appreciate many of our parents' generosity, we ask that you do not distribute "goody bags" with food at any celebration or special event including candy.

APPROVED CLASSROOM SNACKS

Fruit/Vegetables/Yogurt/Cheese

- Fresh Fruit-GF
- Fruit cups-GF
- Dried Fruit
- Raisins-plain (NO chocolate covered or yogurt covered)-GF
- Ocean Spray craisins-GF
- Fresh Veggies-GF
- Applesauce cups (all brands)-GF
- GoGo squeeZ applesauce (any squeeZ product)-GF
- Cheese (any brand, but NOT containing nuts)-GF
- String cheese (any brand)
- Yogurt-individual cups or tubes
- Yogurt smoothies (NO candy toppings or granola)

Fruit Snacks

- Betty Crocker Fruit by the Foot (any flavor)-GF
- Betty Crocker Fruit Rollups (any flavor)-GF
- Betty Crocker Fruit Snacks (Dora, Batman, Spider Man, Ninja Turtles, etc.)
- Annie's Organics Bunny Fruit Snacks (any flavor)-GF
- Kellogg's Fruit Snacks (any flavor)-GF

Pretzels

- Bachman-Twists, Rods, Sticks, Kidzels, Sourdough (only)
- Pepperidge Farm-Goldfish Pretzels
- Rold Gold Pretzels
- Snyder's of Hanover Pretzels (sour dough nibblers, minis, thins, snaps, rods, sticks, pretzel rings)
- Snyder's of Hanover Pretzels-GF rods, sticks, mini pretzels

Crackers

- Nabisco Wheat Thins (any flavor)
- Nabisco Triscuits (any flavor)
- Sunshine Cheez-its (any flavor)
- Pepperidge Farm Goldfish
- Keebler Elfin Crackers
- Saltines

Misc.

- Kellogg's Rice Krispie Treats
- Jell-O Pudding Cups (any flavor)-GF
- Jell-O Gelatin-GF
- Bamboo Lane Organic Brown Rich Crunchy Rice Roller
- Nature's Child Pudd'n Pouches (any flavor-found in Target, Walmart)

Chips

- Sun Chips (any flavor)
- Smart Food cheddar popcorn-GF
- Pirate's Booty (any flavor)-GF
- Baked Lay's potato chips (any flavor)-GF
- Lay's potato chips (any flavor)-GF
- Utz potato chips (any flavor – except Kettle)-GF
- Frito Lay Baked Crunchy Cheetos-GF
- Frito Lay Baked Puffed Cheetos-GF
- Frito Lay Fritos, Frito Lay Funyuns-GF
- Wise Puffed Cheez Doodles-GF
- Wise potato chips (any flavor)-GF
- Dorito's (regular and reduced fat-any flavor)
- Tostitos Tortilla Chips (any flavor)-GF
- Pringles potato chips (any flavor)
- Bachman popcorn – original, light flavors-GF
- Bachman Jax Real Cheddar Cheese Baked Puffed Curls-GF
- Good Health – Veggie Stix, Pizza Veggie Stix, Veggie Chips-GF
- Cape Cod Potato Chips (any flavor)-GF
- Wise Popcorn (white cheddar)-GF
- Pop Corners-GF
- Ruffles Potato Chips (all flavors)
- Skinny Pop-GF
- Sensible Portions Veggie Straws-GF (Variety Pack, Sea Salt & Zesty Ranch)

Cookies

- Nabisco Oreos and Oreo mini-packs-original flavor ONLY
- Nabisco Double Stuff Oreos
- Nabisco Chips-A-Hoy and Chips-A-Hoy mini-packs (original flavor ONLY)
- Nabisco Honey Maid Graham Crackers (any flavor)
- Nabisco Fig Newtons (any flavor)
- Nabisco Teddy Grahams (any flavor)
- Keebler Scooby Doo Graham Crackers
- Nutri-Grain Cereal Bars (any flavor)
- Pepperidge Farm Goldfish Grahams (any flavor)
- Linden Chocolate Chip Cookies
- Nature's Bakery Fig Bars (variety pack-Apple Cinnamon, Blueberry, Raspberry)
- Made Good Brand Granola Bars, minis & crispy squares (Costco) GF

Over→

GF – Gluten Free

**Island Park UFSD e Island Park PTA
2023-2024**

La política de la escuela requiere que los snacks y la comida para distribución en la escuela aparezcan en las siguientes listas (anverso y reverso). La política de la escuela también excluye todos los artículos cocinados/preparados en casa o que no aparezcan en la lista proporcionada a continuación. Todos los artículos de esta lista están libres de cacahuetes o frutos secos. No describe todos los alérgenos. Esta lista se publica en la página web del distrito para el fácil acceso desde su smartphone. Aunque apreciamos la generosidad de muchos de los padres de nuestros alumnos, les solicitamos que no distribuyan bolsas de golosinas con comida durante ninguna celebración o evento especial, incluyendo caramelos.

SNACKS APROBADOS EN EL AULA	
<u>Fruta/Vegetales/Yogur/Queso</u> • Fruta fresca-GF • Fruta envasada-GF • Fruta desecada • Uvas pasas-sin añadidos (SIN cobertura de chocolate o yogur)-GF • Ocean Spray raisins-GF • Verduras frescas-GF • Compota de manzana envasada (todas las marcas)-GF • Compota de GoGo squeeZ (cualquier producto squeeZ)-GF • Queso (cualquier marca, que NO contenga frutos secos)-GF • Queso en tiras (cualquier marca) • Yogur – copas o tubos individuales • Batido de yogur (SIN cobertura de caramelo o granola) <u>Snacks de Fruta</u> • Betty Crocker's Fruit by the Foot (cualquier sabor)-GF • Betty Crocker's Fruit Rollups (cualquier sabor)-GF • Betty Crocker's Fruit Snacks (Dora, Batman, Spider Man, Ninja Turtles, etc.) • Annie's Organic Bunny Fruit Snacks (cualquier sabor)-GF • Kellogg's Fruit Snacks (cualquier sabor)-GF <u>Pretzels</u> • Twists, Rods, Stix, Kidzels, Sourdough de Bachman (sólo) • Goldfish Pretzels de Pepperidge Farm • Pretzels Rold Gold • Snyder's of Hanover Pretzels (bocadillos de masa agria,minis, thins, snaps, rods, palitos, aros de pretzel) • Snyder's of Hanover Pretzels-GF (sin gluten) barras, palitos, mini pretzels <u>Crackers</u> • Nabisco Wheat Thins (cualquier sabor) • Nabisco Triscuits (cualquier sabor) • Sunshine Cheez-its (cualquier sabor) • Pepperidge Farm Goldfish • Keebler Elfin crackers • Galletitas saladas. <u>Misc.</u> • Rice Krispie Treats de Kellogg's • Jell-O Pudding Cups (cualquier sabor)-GF • Gelatina Jell-O -GF • Bamboo Lane Organic Brown Rich Crunchy Rice Roller • Nature's Child Pudd'n Pouches (cualquier sabor encontrado en Target, Walmart)	<u>Patatas fritas</u> • Sun Chips (cualquier sabor) • Palomitas de maíz con cheddar Smart Food -GF • Pirate's Booty (cualquier sabor)-GF • Patatas fritas Baked Lay's (cualquier sabor)-GF • Patatas fritas Lay's (cualquier sabor)-GF • Patatas fritas Utz (cualquier sabor – excepto Kettle)-GF • Frito Lay Baked Crunchy Cheetos-GF • Frito Lay Baked Puffed Cheetos-GF • Frito Lay Fritos, Frito Lay Funyuns-GF • Wise Puffed Cheez Doodles-GF • Patatas fritas Wise (cualquier sabor)-GF • Dorito's (regular y bajo en grasa-cualquier sabor) • Tostitos Tortilla Chips (cualquier sabor)-GF • Patatas fritas Pringles (cualquier sabor) • Palomitas de maíz Bachman – original, sabores ligeros-GF • Bachman Jax Real Cheddar Cheese Baked Puffed Curls-GF • Good Health – Veggie Stix, Pizza Veggie Stix, Veggie Chips-GF • Patatas fritas Cape Cod (cualquier sabor)-GF • Palomitas de maíz Wise (cheddar blanco)-GF • Pop Corners-GF • Patatas fritas Ruffles (todos los sabores) • Skinny Pop-GF • Sensible Portions Veggie Straws-GF (Variety Pack, Sea Salt & Zesty Ranch) <u>Galletas</u> • Nabisco Oreos and Oreo mini-packs-SOLO sabor original • Nabisco Double Stuff Oreos • Nabisco Chips-A-Hoy and Chips-A-Hoy mini-packs (SOLO sabor original) • Nabisco Honey Maid Graham Crackers (cualquier sabor) • Nabisco Fig Newtons (cualquier sabor) • Nabisco Teddy Grahams (cualquier sabor) • Keebler Scooby Doo Graham Crackers • Nutri-Grain Cereal Bars (cualquier sabor) • Pepperidge Farm Goldfish Grahams (cualquier sabor) • Linden Chocolate Chip Cookies • Nature's Bakery Fig Bars (variety pack-Manzana, Canela, Arándano, Frambuesa) • Made Good Brand Granola Bars, minis & crispy squares (Costco) <i>*GF – Sin Gluten</i>

Signe →

APPROVED FOOD for BIRTHDAY PARTIES/SPECIAL CELEBRATIONS

Fruit/Dried Fruit/Yogurt

- Fresh Fruit-GF
- Fruit cups-GF
- Dried Fruit
- Raisins-plain (NO chocolate covered or yogurt covered)-GF
- Ocean Spray raisins-GF
- Applesauce cups (all brands)-GF
- GoGo squeeZ applesauce (any squeeZ product)-GF
- Yogurt smoothies (NO candy toppings or granola)

Frozen Ice Pops/Ice Cream

- Marino's Italian Ices (any flavor)-GF
- Luigi's Italian Ices (any flavor)-GF
- Popsicle (brand) Ice Pops ONLY (any flavor)-GF
- Philly Swirl-Swirl Stix, Swirl Cups, Swirl Popperz (any flavor)-GF
- Breyers Pure Fruit Bars (strawberry, orange, raspberry)-GF
- MinuteMaid Juice Bars (cherry, grape, orange)-GF

- AlaMode Ice Cream (any flavor)-GF

Cupcakes/Brownies

- Stop & Shop "peanut free" cupcakes (all sizes)*
- Stop & Shop Fudge Brownie Bites (peanut free symbol on package)*
- King Kullen Everyday Favorites "peanut free" cupcakes*
- King Kullen Sweet Delish! Tasty cupcakes*
- Favorite Day Bakery Mini Cupcakes (Chocolate & Vanilla, Smore's, Vanilla, Chocolate)
- Sweet Peace Bakery – All Products

***Note:** The label on these cupcakes do NOT say "tree nut free" (only states "peanut free"). We verified with Maplehurst Bakery (Brownsburg, IN), the bakery that supplies Stop & Shop and King Kullen, that these cupcakes are, in fact, both peanut and tree nut free. If you require additional information, please refer to the district website where information from Maplehurst Bakery is posted; you may also contact the Maplehurst Bakery directly.

Donuts/Muffins

- Concord Bakery Assorted Donut Holes (BJs)
- FGF Brans Mini Muffins (Corn, Blueberry, Chocolate Chip) (Stop & Shop)
- Abe's Muffins (all flavors – Wild by Nature)

Cookies

- Our Specialty-frosted sugar cookies and classic cookies (King Kullen)
 - Lofthouse Cookies-seasonal cookies (Stop & Shop)
- (Note: Some items from Lofthouse are not safe. The Lofthouse label MUST clearly state, "Made in a peanut and tree nut-free facility.")**
- Orbit Cookies-seasonal cookies
 - Soft and Delicious frosted sugar cookies (BJs)
 - Superior Cake Products, Inc.-mini black and white cookies (BJs)
 - Joey's Mini Black and White cookies
 - Duo Cookies-vanilla and chocolate cookies (individually wrapped cookies-2 per pack) (BJs)
 - YoGo Greek Yogurt Cakes (individually wrapped cakes) (BJs)
 - Nabisco Oreos and Oreo mini-packs-original flavor
 - Nabisco Double Stuff Oreos
 - Nabisco Chips-A-Hoy and Chips-A-Hoy mini-packs (original flavor ONLY)
 - Nabisco Honey Maid Graham Crackers (any flavor)
 - Nabisco Fig Newtons (any flavor)
 - Nabisco Teddy Grahams (any flavor)
 - Keebler Scooby Doo Graham Crackers
 - Keebler Fudge Stripes
 - Nutri-Grain Cereal Bars (any flavor)
 - Trader Joe's Soft-baked Snickerdoodles
 - Enjoy Life Soft Baked Cookies: chocolate chip, double chocolate brownie, gingerbread spice, Snickerdoodles (Stop N Shop, King Kullen, Wild By Nature)
 - Enjoy Life Crunchy Cookies: chocolate chip, double chocolate, vanilla honey graham, sugar crisp (Stop n Shop, King Kullen, Wild By Nature)
 - Linden Chocolate Chip Cookies
 - Linden Butter Crunch Cookies
 - Nature's Bakery Fig Bars (variety pack-Apple Cinnamon, Blueberry, Raspberry)
 - Made Good Brand Granola Bars, minis & crispy squares (Costco) GF
 - Kimberley's Bakeshoppe-seasonal cookies (Stop & Shop)
 - Lotus Biscoff Cookies
 - Amazon Fresh Frosted Sugar Cookies (Assorted)
 - Favorite Day Bakery Frosted Sugar Cookies (Assorted)

Please Note: Snacks for classroom consumption must be in an original sealed snack bag with ingredients clearly labeled. If a snack is brought in a Ziploc bag, clear wrap, or foil and is otherwise labeled, the student may be asked to consume his/her snack in a separate location. Snacks brought in their "natural" state (fruits, vegetables, cheeses) will not be subject to this. These precautions are to ensure the safety of all students.

GF - Gluten Free

Fruta/Fruta Desecada/Yogur

- Fruta fresca-GF
- Fruta envasada-GF
- Fruta desecada
- Uvas pasas (SIN cobertura de chocolate o yogur)-GF
- Craisins Ocean Spray -GF
- Compota de manzana envasada (todas las marcas)-GF
- Compota de manzana GoGo squeeZ (cualquier producto squeeZ)-GF
- Batidos de yogur (SIN cobertura de caramelo o granola)

Polos de helado/Helado

- Marino's Italian Ices (cualquier sabor)-GF
- Luigi's Italian Ices (cualquier sabor)-GF
- Popsicle (marca) Ice Pops SOLO (cualquier sabor)-GF
- Philly Swirl-Swirl Stix, Swirl Cups, Swirl Popperz (cualquier sabor)-GF
- Breyers Pure Fruit Bars (fresa, naranja, frambuesa)-GF
- MinuteMaid Juice Bars (cereza, uva, naranja)-GF
- AlaMode Ice Cream (cualquier sabor)-GF

Magdalenas/Brownies

- Stop & Shop "sin cacahuets" magdalenas (todos los tamaños) *
- Stop & Shop Fudge Brownie Bites (con símbolo peanut free en el paquete)*
- King Kullen Everyday Favorites "peanut free" magdalenas*
- King Kullen Sweet Delish! Tasty magdalenas*
- Mini Cupcakes de Favorite Day Bakery (Chocolate y vainilla, Smore's, vainilla, chocolate)
- Sweet Peace Bakery – Todos los productos

***Nota:** La etiqueta de estas magdalenas NO dice "libre de nueces" (solo especifica "libre de cacahuets"). Hemos verificado con Maplehurst Bakery (Brownsburg, IN), la panadería que suministra Stop & Shop y King Kullen, que estas magdalenas están, de hecho, libres tanto de cacahuets como de nueces. Si requiere información adicional, le rogamos que se dirija a la web del distrito donde encontrará publicada información de Maplehurst Bakery; también puede contactar directamente con Maplehurst Bakery.

Rosquillas/Panecillos

- Concord Bakery Assorted Donut Holes (BJs)
- FGF Brans Mini Muffins (Maíz, Arándano, Pepitas de Chocolate) (Stop & Shop)
- Abe's Muffins (todos los sabores – Wild by Nature)

Galletas

- Our Specialty-frosted sugar cookies and classic cookies (King Kullen)
- Lofthouse Cookies-seasonal cookies (Stop & Shop)

(Nota: Algunos artículos de Lofthouse no son seguros. La etiqueta de Lofthouse DEBE indicar claramente, "Made in a peanut and tree nut-free facility.")

***GF – Sin Gluten**

- Orbit Cookies-seasonal cookies
- Soft and Delicious frosted sugar cookies (BJs)
- Superior Cake Products, Inc.-mini black and white cookies (BJs)
- Joey's Mini Black and White cookies
- Duo Cookies-vanilla and chocolate cookies (galletas envasadas individualmente-2 por paquete) (BJs)
- YoGo Greek Yogurt Cakes (pastelillos envasados individualmente) (BJs)
- Nabisco Oreos and Oreo mini-packs-original flavor
- Nabisco Double Stuff Oreos
- Nabisco Chips-A-Hoy and Chips-A-Hoy mini-packs (SOLO sabor original)
- Nabisco Honey Maid Graham Crackers (cualquier sabor)
- Nabisco Fig Newtons (cualquier sabor)
- Nabisco Teddy Grahams (cualquier sabor)
- Keebler Scooby Doo Graham Crackers
- Keebler Fudge Stripes
- Nutri-Grain Cereal Bars (cualquier sabor)
- Trader Joe's Soft-baked Snickerdoodles
- Enjoy Life Soft Baked Cookies: chocolate chip, double chocolate brownie, gingerbread spice, Snickerdoodles (Stop N Shop, King Kullen, Wild By Nature)
- Enjoy Life Crunchy Cookies: chocolate chip, double chocolate, vanilla honey graham, sugar crisp (Stop n Shop, King Kullen, Wild By Nature)
- Linden Chocolate Chip Cookies
- Linden Butter Crunch Cookies
- Nature's Bakery Fig Bars (variety pack-Manzana Canela, Arándano, Frambuesa)
- Made Good Brand Granola Bars, minis & crispy squares (Costco)
- Kimberley's Bakeshoppe-seasonal cookies (Stop & Shop)
- Lotus Biscoff Cookies
- Amazon Galletas de azúcar heladas frescas (surtidas)
- Favorite Day Bakery Galletas de Azúcar Glaseadas (Surtidas)

Tenga en cuenta: Los snacks para consumo en el aula deben estar en su bolsa sellada original con los ingredientes claramente visibles en la etiqueta. Si un estudiante trae un snack en una bolsa Ziploc, papel transparente o papel de plata y no está correctamente etiquetado podrá ser requerido a consumir su snack en un lugar separado. No están sujetos a esta norma los snacks que vengan en su estado "natural" (frutas, vegetales, quesos). Estas precauciones buscan asegurar la seguridad de todos los alumnos.