



*Growing Together with Hope*

Attention Parents! Hope Lutheran is adopting a very similar policy to that of schools, regarding having safe, allergy friendly snacks for all our youth to enjoy. Up until this point we have always been cautious with peanut products, but we need to expand our list as the number of children with severe allergies is growing. We sincerely appreciate all the snack donations that are offered every Sunday for our 3-year-old students and those in grades Prek – 4, but we do ask that you are mindful of what is being brought in and be aware that if it's a concern for any student in the classroom it will not be shared. This list is safe for many common allergies, but if you have concerns or questions about a specific classroom, or snack you may want to bring in, we encourage you to talk with the teachers directly before assuming something is safe. If you have any other questions about the change in policy, please do not hesitate to contact Ms. Carlie or the Christian Education Committee, we are dedicated to ensuring that our students feel safe and welcome at Hope, and there are plenty of options for snack that everyone can enjoy, Thank you so much for your attention to this important issue!

### Hope Lutheran's 2018-2019 Safe Snack List for Sunday School and Youth Events:

Rold Gold Pretzels

Snyder's of Hanover 100 Calorie Pretzel Snaps Packs and Pretzel Mini Packs

Most Fruit Snacks (Welch's are good, plain - no coating)

General Mills Fruit Gushers and Fruit Roll-Ups

Sensible Portions Veggie Straws – Sea Salt

Honey Maid Graham Cracker individual packs

Honey Maid Justice League Graham Snacks (come in individual bags)

Keebler Scooby Doo! Cinnamon Baked Graham Cracker sticks (come in individual bags)

Teddy Grahams individual packages

Chex Mix Traditional Snack Mix

Oreos (original) individual packages

Starburst

Swedish Fish

Nerds

Twizzlers

Lays Baked and Regular Chips – Original and BBQ

Fritos – Original

Pringles – Original and BBQ

Quaker Popped Rice Crisps – Apple Cinnamon and Kettle Corn

Popcorners Sea Salt, Kettle Corn, and Sweet Chili

Sun Chips – Original

GoGo Squeeze Applesauce

Enjoy Life Brand Mini Cookies (come in individual packs) \*This brand is safe for many top allergens