

**River Forest District 90**  
**Quick Reference Guide for Food at School**

<p><b>#1 Lunch/Lunchroom</b></p> <ul style="list-style-type: none"> <li>• Children are permitted to bring personal lunches of their choosing.</li> <li>• Children are not permitted to trade or exchange food items.</li> <li>• Allergen-safe tables/areas will be designated.</li> <li>• FLIP and lunch clubs are nut-free at Lincoln/Willard.</li> <li>• Common spaces except the lunchroom are also nut-free as needed.</li> </ul>	<p><b>#2 Daily Classroom Snacks</b></p> <ul style="list-style-type: none"> <li>• Children may only bring healthy snacks.</li> <li>• Children are not allowed to trade or exchange food items.</li> <li>• For a classroom with allergy needs present, there may be restrictions on snack foods students bring to school.</li> <li>• Every classroom is nut-free, and snacks are made from a nut-free facility.</li> </ul>
<p><b>#3 Classroom and Grade Level Parties</b></p> <ul style="list-style-type: none"> <li>• All food items must be commercially prepared.</li> <li>• An ingredients list must be provided along with each food item.</li> <li>• No homemade treats or snacks are allowed.</li> <li>• A list of banned foods, based on specific allergies in specific classrooms, will be provided by the School Nurse to parent organizers of class and grade level parties.</li> </ul>	<p><b>#4 Curriculum-Related Food Events</b></p> <ul style="list-style-type: none"> <li>• Allergen-safe food will be substituted whenever possible.</li> <li>• Parents of a student with an allergy will be informed of activities in advance and return permission slips to participate.</li> <li>• Ingredient lists must be provided.</li> <li>• Precautions/procedures must be followed for students with life-threatening allergies.</li> <li>• Administrative approval; consultation with School Nurse.</li> </ul>
<p><b>#5 PTO Events</b></p> <ul style="list-style-type: none"> <li>• Includes events that are outside of school hours.</li> <li>• Allergen-safe foods will be substituted whenever possible.</li> <li>• Listing of foods to be served will be provided in advance of the event.</li> <li>• Ingredient lists will be provided at the event and/or upon request.</li> <li>• Compliance with allergy restrictions for specific rooms/spaces must be adhered to.</li> <li>• PTO events during the school day (i.e., Fun Lunch) and which bear a cost to parents, must follow ISBE's meal/"Smart Snack" guidelines.</li> </ul>	

## **Acceptable Food and Snacks for Parties**

1. Fruits (pre-packaged only for parties)
2. Vegetables (pre-packaged only for parties)
3. Cheese (pre-packaged only for parties)
4. Acceptable crackers: (pre-packaged preferred)
  - Pepperidge Farm Goldfish
  - Rold Gold Pretzels
  - Annie's Organic Bunny/Cheese Snacks

### **Other Acceptable Snacks**

1. Fruits, Veggies, and Cheese
2. Skinny Pop
3. Yogurt (nut free)
4. Quaker Quakes Rice Snacks
5. Nabisco Graham Snacks
6. Teddy Grahams
7. Enjoy Life and Made Good Granola Bars

\*Pre-packaged snacks preferred for parties

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\*Classroom allergy list supersedes this list. Refer to classroom allergy list for additional information