



STATE OF HAWAII
DEPARTMENT OF EDUCATION
HICKAM ELEMENTARY SCHOOL
825 MANZELMAN CIRCLE
HONOLULU, HAWAII 96789

October 25, 2021

Dear Families of Hickam Elementary School,

This year, we welcome several students to our campus with food allergies. We invite your help and cooperation to help them stay safe.

We have students who are allergic to nuts or nut food groups. Reactions range from mild to life threatening. There are several practices that will be in place to help prevent allergic reactions.

- Students will wash their hands upon arrival to the classroom and again before and after lunch.
- All rooms will be designated as nut/tree nut allergy aware spaces. There will be no classroom projects with peanut butter or peanut shells. Please do not send any of these items into the classroom with your child.
- Parents who send a lunch from home for their child are free to pack the foods of their choice. Please DO NOT send foods containing peanut butter or nuts.
- There will be special days and occasions that students may want to bring a snack to share. Please call the School Health Assistant at 808-307-4620 if you have any questions about "allergy safe" suggestions, or consider sending or donating a book or game to the class in your child's name.

We have attached to this letter a list of nut and nut products that are concerns, along with a list of alternatives.

We look forward to working together with you to have a wonderful School Year 2021-2022. If you have any questions regarding our nut-free campus, please call us at 808-307-4600.

Sincerely,

Patrick Wetzel

Principal

ALTERNATE SNACKS AND SPREADS

PEANUT BUTTER ALTERNATIVES/SPREADS:

- Don't Go Nuts Soy Butter – Chocolate, Cinnamon Sugar, Lightly Sea Salted, Pure Unsalted, Slightly Sweet
 - Gerbs Sea Salted Butters – Pumpkin, Sunflower
 - i.M. Healthy SoyNut Butter – Chocolate, Honey Creamy, Honey Chunky, Original Creamy, Original Chunky, Unsweetened Creamy, Unsweetened Chunky
 - SunButter Sunflower Seed Spread – Creamy, Natural Creamy, Natural Crunch, Natural No-Stir, Natural No-Stir On the Go, Natural Omega-3, Organic Unsweetened
 - Wowbutter – Peanut Butter Taste Creamy, Crunchy
- Muffin Town SunWise SunButter and Grape Jelly Sandwich [EGG processed in facility]

FRESH FRUITS AND VEGETABLES

CHEESE SNACKS

POTATO CHIPS

- Baked Ruffles – Original, Cheddar & Sour Cream
- Baked Lay's – Original, Sour Cream & Onion, Parmesan and Tuscan Herb
- Boardwalk – Salt & Vinegar, Jalapeno
- Cape Cod – Original, Sour Cream & Green Onion
- Kettle Brand – Sea Salt, Sea Salt & Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream and Onion, Jalapeno
- Kettle Brand Bakes – Sea Salt, Aged White Cheddar, Hickory Honey Barbeque, Sea Salt & Vinegar
- Lay's – Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Salt & Vinegar, Garden Tomato & Basil, Honey Mustard, Honey Barbecue
- Lay's Kettle Cooked – Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper
- Munchos
- Pringles – Original, Reduced Fat, BBQ
- Pringles Snack Packs – Original, 100 Calorie Snack Packs Original
- Ruffles – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream, Loaded Chili & Cheese,

CORN/TORTILLA CHIPS

- Stacy's Pita Chips – Simply Naked, Cinnamon Sugar, Parmesan Garlic & Herb
- Sun Chips – Original, Harvest Cheddar, French Onion, Garden Salsa, Jalapeno Jack
- Tostitos – Restaurant Style, Scoops, Crispy Rounds, Multigrain, Multigrain Scoops, Bite Size, Hint of Jalapeno, Hint
- Tostitos Artisan Recipes – Roasted Garlic & Black Bean, Fire-Roasted Chipotle

VEGETABLE CHIPS/SNACKS

FRUIT SNACKS/DRIED FRUIT

CRACKERS

GRAHAM CRACKERS/COOKIES

For more information or ideas please go to: www.snacksafely.com

Peanut Allergy

Red Flags: (Contains Peanuts)

Arachic Oil	Peanuts (boiled, crushed, pieces, etc.)
Arachis	Peanut Butter
Arashic Hypogaea	Peanut Butter Chips/Morsels
Artificail Nuts	Peanut Flour
Beer Nuts	Peanut Oi
Boiled Peanuts	Peanut Paste
Earth Nuts	Peanut Sauce/Syrup
Goobers	Powdered Peanut Butter
Boober Peas	Spanish Peanuts
Grass Nurs	Virgina Peanuts
Hydrolyzed Peanut Protein	
Mandelonas	
Monkey Nuts	
Nu Nuts!	

What to Avoid..

Yellow Flags: (May Contain Peanuts)

Baked Goods	Hydrolyzed Plant/Vegetable Protein
Candies	Lupine
Cereal/Granola	Marzipan
Chili	Mixed/Cocktail Nuts
Chocolates	Nougat
Cumb Coating/Topping	Nut Meats (vegetarian meats)
Egg Rolls	Sauces/Glazes/Marinades (enchilada, curries, mole, etc)

Tree Nut Allergy

Red Flags: (Contains Tree Nut)

Almonds	Macadamia Nuts
Beechnuts	Marzipan
Black Walnuts	Nangai Nuts
Brazil Nuts	Nut Butter
Bush Nuts	Nut Extracts/Flavorings (Artificial/Natural)
Buttermuts	Nut Flours/Meals
Cashews	Nutella
Chestnuts	Nut Milks
Chinquapin Nuts	Nut Oils
Coconut*	Nut Pastes
Filberts	Pecans
Gianduja	Pine Nuts
Ginkgo Nuts	Pralines
Hazelnuts	Shea Nuts
Hickory Nuts	Walnuts
Lychee Nuts	White Walnuts

What to Avoid..

Yellow Flags: (May Contain Tree Nuts)

Baked Goods	Hydrolyzed Plant Protein
Candies	Hydrolyzed Vegetable Protein
Cereals	Mortadella
Chocolates	Nougat
Protein Bars	Pesto

For more information can be found: www.cdc.gov or www.fda.gov