



STATE OF HAWAII  
DEPARTMENT OF EDUCATION  
KA 'OIHANA HO'ONA'AUAO  
PAUOA ELEMENTARY SCHOOL  
2301 PAUOA ROAD  
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August 7, 2023

Dear Pauoa Parents,

We have students on our campus who have severe peanut and related nut (ex. tree nut) allergies. In an effort to prevent any allergic reactions, the Hawaii public school breakfast and lunch cycle menus have not included peanut-based products. We ask for your support in this effort.

Attached is a list of food items that are considered safe and not safe to bring for students with peanut (or related nut) allergies.

**Please refer to this list when you are planning to send snacks.**

Snacks need to fall within the Department of Education wellness policy. We encourage a healthy snack for your child. For safety reasons, we do not encourage sharing with others.

If your child has a peanut (or related nut) allergy, please be sure to notify our school health aide as soon as possible. Thank you for your support in keeping a safe campus for all of our students.

Sincerely,

A handwritten signature in black ink that reads "Dale M. Arakaki".

Dale M. Arakaki  
Principal

"Believe to achieve! Stand up! Be heard! Let's excel now!"

### **Safe Food Suggestions:**

- Jell-O cups
- Yogurt/Gogurt
- Raisins
- Flavored Fruit snack treats
- Rice Krispies plain
- Cheese: string, cube, or slices
- Crackers
- Goldfish brand crackers
- Pretzel

### **Non Food Treats:**

- Pencils, erasers, stickers, etc...

## **Peanut and Related Nut Allergy Food List**

### **FOODS TO DEFINITELY AVOID**

- Food sold in bakeries, including in-store bakeries. Items may have been in contact with peanuts or processed with other types of nuts.
- Certain chocolate candies such as M&M's, Dove Chocolates, etc.
- Some brands of sunflower seeds are produced on equipment shared with peanuts.
- Artificial nuts can be peanut products.
- Ice cream and Cereal products - Please check the label to make sure that it does not have nuts.
- Chocolate baking chips may have been made on the same equipment that carries peanut products.  
eg., both 6 oz and 12 oz size Nestle Chocolate Chips (and possibly other brands) that are commonly sold in grocery stores are peanut contaminated. A larger size bag sold at Costco is peanut-free.

**\*\*\* Always check the labels of any food products that you are planning to send with your child. \*\*\***