



West St. Paul School

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David Ingram – Principal Melissa Harder – Vice Principal

Allergy Aware School



At West St. Paul School, we have students and staff with life-threatening allergies. We are a nut and fish aware school. Please check snacks, lunches and baking to be certain that no nut or fish products are sent to school. Your cooperation is appreciated.

Healthy snacks for recess and treats for school parties

It is recommended that you use the 3 check rule when purchasing pre-packaged foods:

1. Read the label before you purchase the product in the store.
2. Read it again once when you are putting it away at home.
3. Read it a third time before you serve/prepare it for the allergic individual.

These foods generally do not contain peanuts or nut products. Always read food labels to be sure.

- ✓ Fresh fruit, fruit cups
- ✓ Dried fruit (raisins, dried apricots, dried cranberries), 100% fruit leathers
- ✓ 100% fruit juices
- ✓ Fresh veggies
- ✓ Milk and chocolate milk
- ✓ Plain low fat cheese
- ✓ Low sodium pretzels
- ✓ Plain popcorn
- ✓ Whole grain crackers
- ✓ Homemade trail mix (without peanuts or other nuts)
- ✓ Yogurt
- ✓ Fruit juice popsicles
- ✓ Homemade muffins or baked goods made without peanuts/nuts or peanut/nut oil

