



Web: <http://schoolweb.tdsb.on.ca/humewood/Home.aspx>

Twitter: [https://twitter.com/TDSB\\_Humewood](https://twitter.com/TDSB_Humewood)

### Important Dates

#### [Calendar](#)

#### Highlights:

PA Day, Friday, December 2<sup>nd</sup>

Last Day of School before the Winter Break, Friday, December 23

First Day of School in 2017, Monday, January 9

Grade 6's at Sheldon, January 10-13

Winter Concert, Thursday, January 26<sup>th</sup>, 6:30 PM

PA Day, Friday, February 17<sup>th</sup>

Grade 8 Graduation, Thursday, June 22<sup>nd</sup>

#### Upcoming School Council Dates

January 17  
February 22  
March 27  
April 20  
May 23  
June 13

Thursday, December 1, 2016

J. Whitfield, Principal  
B. Sandler, Vice-Principal

### **BOOMERANG LUNCH STARTS MONDAY, DECEMBER 5TH**



Humewood is a thriving Eco-School, last year we achieved Gold Status, but we're not stopping there. This year we are working towards Platinum certification. One of the major initiatives that we are is a Boomerang Lunch program starting on December 1. Boomerang lunch means that there will be no waste containers (garbage or recycling) in the lunch room. Students will pack up and garbage, recyclables and organic waste and bring them home in their lunch bags. Please ensure that your child(ren) has a container to put "wet" waste like apple cores, and fruit peels in so that it won't make a mess inside their lunch container. Boomerang lunch also provides parents to have an idea about just what their children are eating....you would be surprised at how much untouched food gets thrown out!

#### **Re-Usable Lunch Containers:**

In an effort to raise awareness about waste free lunch options, we are selling re-usable printed bags. All proceeds will be going back to the school. Please consider purchasing a re-usable bag instead of sending ziplock bags with your child. Help us model what a true waste-free lunch! These bags also make great gifts for the holidays!

You can make cheques out to Humewood Community School. Please return your order form and payment by Wednesday December 7th 2016

#### **Huskies House Blend Coffee has arrived at Humewood!!**

In partnership with Kurtis Coffee, we have launched a new coffee campaign that brings the Humewood Community **delicious, fair trade, organic & kosher coffee beans** that have been selected just for us. Please join us at the **Humewood Café on December 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>** where the Grade 8 Grads will be selling fresh brewed coffee in the school yard from 8:15 – 8:45 a.m. **Bring your own coffee mug to support our eco-school efforts!** Our 1 lb. coffee bags (beans) will also be available for sale at the morning café for \$15 each or two bags for \$28. If you require a specialty grind (e.g., Bodum grind, espresso grind, etc.), Kurtis Coffee will happily grind your beans to your specification free of charge. Just drop by Kurtis Coffee at 284 Rushton Rd. (just north of St Clair) and bring your Huskies House Blend beans with you. You may also order coffee bags online at [www.humewoodcouncil.com](http://www.humewoodcouncil.com) starting December 5<sup>th</sup>. **Huskies Coffee makes a great holiday gift for family, friends, co-workers, neighbours and clients, and supports our grads and the school at the same time!**

## **After 4**

If you wish to register your child for the upcoming After 4 term, please follow this link:

<http://humewoodcouncil.com/programs/after-four-programs/>

## **Food Policy**

We have adjusted our food policy slightly and the update is noted in yellow.

Class Celebrations – Generally classes have at least two celebrations a year – once in December and once in June. We recognize that food can be an enjoyable aspect of these experiences. **When teachers want to plan a celebration, they will contact their students' families. We ask that families who wish to send in food, select food from the approved provider list only.** The approved provider list and the entire food sharing approach is noted in more detail below in this newsletter.

**\*\* Please note that this is a slight revision to our original plan and we think this update will be more manageable for everyone.**

## **MAKER SPACE**

We are in the early stages of setting up a "MakerSpace" in the school Library Learning Commons. This is an exciting opportunity for students to drop in and use inquiry and imagination to create. Mr. McNamara is looking for donations of old, unwanted items that could be used in the MakerSpace. Items which could be used are:

Lego pieces, fabric pieces, buttons, old cell phones/laptops, and a sewing machine. Any donated items can be dropped off at the office labeled "Care of Mr. McNamara/Library".

## **PIZZA LUNCH - it's not too late to sign up!**

Visit the school council website at [humewoodcouncil.com](http://humewoodcouncil.com) and click on the Pizza Lunch tab for information and a link to our online registration system. Any questions? Email [humewoodpizza@gmail.com](mailto:humewoodpizza@gmail.com). See you at the next pizza lunch!

## **French Programs Application Deadline**

For families interested in the Toronto District School Board's French Immersion or Extended French programs, we offer an online process for applying to:

- Early French Immersion (EFI) which begins in Senior Kindergarten;
- Junior Extended French (JEF) which begins in Grade 4

The TDSB guarantees an offer of placement in the program (not a specific school) to all on-time applicants. Transportation is provided as per the Board's Transportation policy.

The timelines for applying for these programs for September 2017 are:

- **Applications for Early French Immersion (for a Junior Kindergarten aged child), must be completed online between November 1, 2016 and December 1, 2016.**
- **Applications for Junior Extended French must be completed online between January 9, 2017 and February 2, 2017.**

Offers of placement within your chosen program will be made to all on-time applicants in the weeks following the close of the application window. Please note: families with an older sibling currently in a French program are still required to complete an online application for the new student. Further information on French as a Second Language programs and the application process is available online at [www.tdsb.on.ca/french](http://www.tdsb.on.ca/french).

## Humewood School Council – Get Involved and Stay Informed

Please bookmark the Humewood School Council website - <http://humewoodcouncil.com/> . This site is run by amazing parent/guardian volunteers and it is where you can find updates by parents for parents. For instance, under the “Programs” tab you will find links to the After 4 program information. We encourage everyone to Please check back to the School Council often for updates about events taking place at Humewood.

## Zones of Regulation

As part of our programming related to self-regulation, all staff members have been introduced to the Zones of Regulation (<http://www.zonesofregulation.com/index.html> ) approach to helping students categorize feelings and actions into groups or zones. Mr. McNamara has been assisting with classes and students to develop emotional vocabulary and learn tools for self-regulation. He has prepared workshops that many classes are attending. The “zones” tools help students return to the "Green Zone" which is best for learning. Some examples of tools are figure eight breathing, jumping jacks, and using a fidget ball. Having students mindful and in control of their own behaviour leads to healthier and happier learners. Please encourage your child to discuss what is working well for them.

## Going to Grade 9 in September 2017?

**If your child is graduating Grade 8 this year, please note the following:**

1. **High School Open House Evening dates can be found here:**  
<http://www.tdsb.on.ca/HighSchool/GoingtoHighSchool/OpenHousesandInformationNights.aspx>  
(Please check back regularly because sometimes there are changes.)

### **The Virtual Library**

The TDSB has a wealth of digital resources for you access. We encourage everyone to check out the virtual library:

<https://www.youtube.com/watch?v=svK20IvbizA&feature=youtu.be>  
<https://www.youtube.com/watch?v=svK20IvbizA&feature=youtu.be>

### **Pokemon Cards and other Toys from Home**

We know they are valued possessions. We ask that toys from home please remain at home. Maplewood and Humewood LEF Daycare also do not allow Pokemon/trading cards or home toys, except on special days (PA Days). Thank you for your support in this matter.



If you received a letter from Toronto Public Health, please update your child's immunization record with us using one of the following options:

- Phone: 416-392-1250
- [Online reporting](#)
- Fax: 416-338-2487

If your child does not have all the needed vaccines, please contact your health care provider.

### **School Year Calendar**

The 2016-2017 school year at the TDSB begins on Tuesday, September 6, 2016 following the Labour Day long weekend. For more information about important dates and holidays for the upcoming school year, please visit

<http://www.tdsb.on.ca/AboutUs/Calendar/SchoolYearCalendar20162017.aspx>

As our students become more independent and walk to and from school and to friend's houses on their own please review the following:

## CLASS REPS 2016/2017

Teacher	Class Rep	Child	email
Bechbache (FI -Gr.2/3)	Natasha Greenberg Joanna Tam	Mattea Simon	<a href="mailto:nnqhanchard@gmail.com">nnqhanchard@gmail.com</a> <a href="mailto:edandjo.tam@gmail.com">edandjo.tam@gmail.com</a>
Campbell (JK/SK)	Sam Barkin	Noah	<a href="mailto:sam_barkin@hotmail.com">sam_barkin@hotmail.com</a>
Castonguay (FI – Gr.3)	Lucia Piccinni Sylvie Martin	Natalia Benji	<a href="mailto:lpiccinni@hotmail.com">lpiccinni@hotmail.com</a> <a href="mailto:martinsylvie@hotmail.com">martinsylvie@hotmail.com</a>
Clark (FI – SK)	Mitch Belman Sharon Sehdev	Ozzie Ivy	<a href="mailto:mitch@locochico.com">mitch@locochico.com</a> <a href="mailto:sharon.sehdev@gmail.com">sharon.sehdev@gmail.com</a>
Clarke (FI – Gr. ¾)	RaeAnn Fera	Bronwyn	<a href="mailto:raeann.fera@gmail.com">raeann.fera@gmail.com</a>
Cumbaa (FI – Gr. 1/2)	Alison Warner Lisa Morgovsky	Nick Maya	<a href="mailto:Alisonwarner01@gmail.com">Alisonwarner01@gmail.com</a> <a href="mailto:lisamorgovsky@gmail.com">lisamorgovsky@gmail.com</a>
Finley (FI – Gr. 1/2)	Megan Andrews Allison Chris	Qwynn Ander	<a href="mailto:megan.andrews@sympatico.ca">megan.andrews@sympatico.ca</a> <a href="mailto:allichris@hotmail.com">allichris@hotmail.com</a>
Heine (FI – Gr. 1)	Sian Rawkins	Jaxon	<a href="mailto:sianrawkins@hotmail.com">sianrawkins@hotmail.com</a>
Higgs (Gr. 4)	Lisa Keable	Jack	<a href="mailto:gilbert3ca@yahoo.ca">gilbert3ca@yahoo.ca</a>
James (JK)	Melanie Walker Sarah Olsen	Leo Alexandra	<a href="mailto:melaniejwalker@gmail.com">melaniejwalker@gmail.com</a> <a href="mailto:sarahs13@hotmail.com">sarahs13@hotmail.com</a>
Lister (Gr. 7)	Yeneir Vera	Diego	<a href="mailto:yeneirvera@gmail.com">yeneirvera@gmail.com</a>
Morales (FI – Gr. 4)	Simone Dailleboust Cheryl Batty	Aidan Thomas	<a href="mailto:sengel0107@rogers.com">sengel0107@rogers.com</a> <a href="mailto:cheryl.batty@utoronto.ca">cheryl.batty@utoronto.ca</a>
Paraschiv (FI – Gr. 2)	Morris Berghaus	Charlie	<a href="mailto:morris.berghaus@gmail.com">morris.berghaus@gmail.com</a>
Pearlman (Gr. 8)	Kevin McIntosh	Abby	<a href="mailto:kmcintosh68@gmail.com">kmcintosh68@gmail.com</a>
Riehle (FI – Gr. 5)	Christine Matheson	Lucy	<a href="mailto:cmatheson.nd@sympatico.ca">cmatheson.nd@sympatico.ca</a>
Riggs (FI – SK)	Joanna Barrs Lewin Justine Shiell	Zoe Rowan	<a href="mailto:joannabarrs@gmail.com">joannabarrs@gmail.com</a> <a href="mailto:justine@twentytoesfitness.com">justine@twentytoesfitness.com</a>
Rodrigues (JK)	Rebecca Wise Jackie Chiang	Emmy Sam	<a href="mailto:rebeccanwise@gmail.com">rebeccanwise@gmail.com</a> <a href="mailto:jackiechiang@hotmail.com">jackiechiang@hotmail.com</a>
Salamon (Gr. 2/3)	Helen Tsamis Alexa Abiscott	Amalia Zac	<a href="mailto:helentsamis@hotmail.com">helentsamis@hotmail.com</a> <a href="mailto:aabiscott@rogers.com">aabiscott@rogers.com</a>
Seguire (Gr. 5/6)	Adrienne Galway	Shannon Rose	<a href="mailto:adrienne.galway@gmail.com">adrienne.galway@gmail.com</a>
Singbeil (Gr. 3/4)	Massimo Galati Julia Lalande	Noah Olivia	<a href="mailto:massimogalati@hotmail.com">massimogalati@hotmail.com</a> <a href="mailto:julialalande@gmail.com">julialalande@gmail.com</a>
Terenzio (Gr. 1/2)	Jessica DesJardins	Jack	<a href="mailto:Jessica.desjardins1@gmail.com">Jessica.desjardins1@gmail.com</a>
Watkins (Gr. 5/6)	Amanda Pratt Luisa Quarta	Mea Sabrina	<a href="mailto:villa020407@gmail.com">villa020407@gmail.com</a> <a href="mailto:quarta@live.ca">quarta@live.ca</a>
Whyte (Gr. 1/2)	Matthew Shapiro	Leikah	<a href="mailto:mattshapiro@rogers.com">mattshapiro@rogers.com</a>
Xuereb (FI – Gr. 5)	Sarah Robertson Marnie Adler	Fenna Samantha	<a href="mailto:sarahrobertson@ucc.on.ca">sarahrobertson@ucc.on.ca</a> <a href="mailto:masugarm@hotmail.com">masugarm@hotmail.com</a>



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AU CANADA

Support your school & the environment with Colibri's  
**REUSABLE SNACK BAG FUNDRAISER**

AVAILABLE IN  
3 SIZES TO MAKE  
LUNCHES FUN:



**\$8**

Wide snack bag  
3x9"



**\$8**

Small snack bag  
4x6"



**\$9**

Large snack bag  
7.5x7.5"



[WWW.COLIBRICANADA.COM](http://WWW.COLIBRICANADA.COM)

ECO FRIENDLY, PRACTICAL AND FUN • BPA, LEAD AND NICKEL FREE • MACHINE WASH COLD / LOW DRY

We offer the following prints:



1. Charcoal Damask

2. Ladybugs

3. Owls

4. Foxes

5. Hockey

6. Elephants

7. Trucks

8. Purple Forest

9. Ice Princesses

10. Skulls

11. Flock

12. Aviator

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# Reusable Snack Bag Fundraiser Order Form

Students Name: \_\_\_\_\_

Grade: \_\_\_\_\_

		Name:						
Wide Snack Bags \$8	Charcoal Damask							
	Ladybugs							
	Owls							
	Foxes							
	Hockey							
	Elephants							
	Trucks							
	Purple Forest							
	Ice Princesses							
	Skulls							
	Flock							
	Aviator							
Small Snack Bag \$8	Charcoal Damask							
	Ladybugs							
	Owls							
	Foxes							
	Hockey							
	Elephants							
	Trucks							
	Purple Forest							
	Ice Princesses							
	Skulls							
	Flock							
	Aviator							
Total Small & Wide x \$8 =								
Large Snack Bag \$9	Charcoal Damask							
	Ladybugs							
	Owls							
	Foxes							
	Hockey							
	Elephants							
	Trucks							
	Purple Forest							
	Ice Princesses							
	Skulls							
	Flock							
	Aviator							
Total Large x \$9 =								

Final Total:

Total Due:							
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**Return orders & payment by: December 2, 2016**







## **HUSKIES COFFEE HAS ARRIVED!**

**In partnership with Kurtis Coffee, we have launched our new Coffee Campaign!**

**We are very excited to bring you**

**Delicious, Fairtrade, Organic & Kosher coffee beans**

**If you require a specialty grind, Kurtis Coffee will happily grind your beans to your specification free of charge. Just drop by Kurtis Coffee at 284 Rushton Rd. (just north of St Clair) and bring your Huskies House Blend beans with you.**



# **Coffee Fundraiser**

**Please join us at  
the Humewood  
Café**

**Grade 8 Grads will be selling  
fresh brewed coffee on  
December 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>  
in the school yard from  
8:15 - 8:45am**

**Bring your own coffee mug to  
support our eco-school efforts!**

**1lb. Coffee Bags will also be  
sold for \$15 each or 2 for  
\$28 at the morning Café  
and online at  
[www.humewoodcouncil.com](http://www.humewoodcouncil.com)**

**Cash, Chq or Credit Card Accepted**

**Makes a great holiday  
gift for family, friends,  
neighbours, co-workers  
and clients, AND  
supports our grads and  
school at the same  
time!**



# Huskies Coffee Fundraiser

In partnership with Kurtis Coffee, we have launched a new coffee campaign that brings the Humewood Community **delicious, fair trade, organic & kosher coffee beans** that have been selected just for us. Our Grade 8's will be selling bags of coffee with the funds going towards their graduation and yearbook.

**Coffee makes a great holiday gift for family, friends, co-workers, neighbours and clients, and supports our grads and the school at the same time.**

## HOW DO I GET IT?

- 1) You can purchase coffee bags (beans) and fresh brewed coffee from the **Humewood Café in the schoolyard on Friday, December 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> from 8:15 am to 8:45 am.** Bring your own coffee mug to support our eco-school efforts.
- 2) You can order it using this form!
- 3) You can order it online. Go to [www.humewoodcouncil.com/coffee](http://www.humewoodcouncil.com/coffee)



## PRICE:

1lb Coffee Bag - \$15.00 each or 2 for \$28.00 or (2 or more - \$14.00 Each)

## TO ORDER:

<b>Child's Name:</b>			
<b>Child's Teacher:</b>			
<b>Parent's Name:</b>			
<b>Please circle your coffee style:</b>	<b>Whole Beans</b>	<b>Regular Drip Grind</b>	<b>Bodum Grind</b>
	<b>Stove-Top Espresso Grind</b>	<b>Espresso Grind</b>	<b>Fine Grind</b>
Please be sure to circle the style you would like. If you do not, we will send you whole beans. If you require a specialty grind, Kurtis Coffee will happily grind your beans to your specification free of charge. Drop by Kurtis Coffee at 284 Rushton Rd. (just north of St. Clair) and bring your Huskies House Blend Beans with you.			

I would like to order \_\_\_\_\_ bags of beans.

\_\_\_ My total is 1 bag @ \$15.00 = \$15.00

\_\_\_ My total is \_\_\_ bags X \$14.00 = \$\_\_\_\_\_ (for purchases of 2 or more)

Please make cheques out to Humewood Council. Orders due by: December 16 to guarantee delivery before school ends. Coffee will be available for sale all year long!

## HUMEWOOD COMMUNITY SCHOOL – FOOD SHARING POLICY AND SAFE SNACK LIST

### Food Sharing Approach:

In an effort to create an inclusive and safe environment, we have been reviewing our approach to food sharing at Humewood. Together with a parent representative and staff from Humewood, we looked at times of the year when food sharing has typically taken place and how we can do so most appropriately. We know that our Pizza Lunch team has worked hard to source products that can safely feed the majority of our student body and we are going to continue in this direction. Moving forward, our approach will be as follows:

1. Birthdays – Please refrain from sending food or any toys or trinkets for your child’s class in honor of their birthday. Our staff will meet and determine other options for acknowledging birthdays in the Primary grades such as encouraging the birthday child to choose a book to read with the class. As well, we will continue our school wide tradition of announcing birthdays over the intercom and giving each child a birthday pencil and a bookmark with their picture from photo day.
2. Halloween and Valentine’s Day – We recognize that there are a range of family traditions in respect to both Halloween and Valentine’s Day. We host a costume parade on Halloween and classes often share affirmations within the class on Valentine’s Day. Students are welcome to bring a treat for themselves to be eaten at lunch or recess but we will not permit students to share treats with their classmates during the school day.
3. Class Celebrations – Generally classes have at least two celebrations a year – once in December and once in June. We recognize that food can be an enjoyable aspect of these experiences. **Below please find the “approved provider” list. When teachers want to plan a celebration, they will contact their students’ families. We ask that families who wish to send in food, select food from the approved provider list only. \*\* Please note that this is a slight revision to our original plan and we think this update will be more manageable for everyone.**
4. Curriculum Based Food Experiences – At times, staff feel there is value in using food to teach a new skill such as following a recipe to teach procedural writing or baking to teach measurement. In these situations, staff will be asked to look through their medical information list and contact families with children who have medical issues related to food and make a plan with those families.
5. Rewards/School Contests & Fundraisers – School fundraising events that occur during the day will make every effort to avoid using food. Teachers will work together to assess how/if food is being used as a reward and its efficacy and then update this policy. There are occasions when there may be a pizza party or something similar and, in those cases, we will use the approved provider list.

This approach is a work in progress and we have aimed to retain the best of what was enjoyable and beneficial for the students at Humewood and embed some new practices that we feel will minimize food-related concerns. We will try this approach and our staff will provide us with feedback and we also welcome feedback and involvement in this conversation from parents. This approach was developed with equity, health & well-being at the forefront of our minds.

See below for the approved provider list.

## APPROVED PROVIDER LIST

- Fruit and Veggie trays are always great additions to one or two treats from the list below. Fruit or veggie trays can be purchased at most grocery stores, as well as Costco. Pre-packaged carrot sticks, celery sticks and other fruit and veggies are ok. Please refrain from bringing fruit or veggies chopped at home, to avoid any cross contamination. If cutting at school, please wash all utensils and dishware before cutting and serving.
- Items that have a “processed in a facility that also uses nuts” or “may contain nuts” warning are considered unsafe, and should not be used
- Manufacturers often change ingredients, so please look for warning labels on all products, even if listed below as “safe”
- There are options in all price ranges, so each class can decide on one or two items from the list

### BAKERIES:

**Hermes Bakery**– 416-787-1234 – 2885 Bathurst St, north of Glencairn – Kosher, peanut and tree nut-free, lactose and dairy free. Be advised that during Passover, this bakery is not nut-free as it contains almonds.

**Richmond Bakery** – 647-776-5995 – 4119 Bathurst St, north of Wilson – Kosher, peanut and tree nut-free, dairy free. Some sesame free and gluten free\* are available by order. *\*Since the food is made in a bakery that contains gluten, be sure to ask whether there is a risk of cross-contamination. If so, this is not suitable for people with celiac disease.*

**Amazing Donuts** – 416-398-7546 – 3772 Bathurst St at Wilson – Kosher, peanut and tree nut-free, sesame free and dairy free. Donuts are great, and they also make cookies and cupcakes. Can order mini-donuts instead of regular sized ones.

**Sweets from the Earth** – 647-436-2004 – 234 Canartic Drive - They have 2 facilities, one of which is nut, peanut, dairy, egg and sesame free. The other is gluten free but contains nuts (so forget that one for school!). Products include cookies, cupcakes, muffins, cakes and bars. Products are available in many grocery and health food stores.

<https://sweetsfromtheearth.com>

**Sorelle and Co.** – 905-303-1073 – 1050 Rutherford Rd in Vaughn; Saks Food Hall on Yonge St – Free from: gluten, nuts, dairy, soy and preservatives. Delicious cookies and cupcakes and more, but it’s a shlep and, like all GF bakeries, \$\$\$.

<http://sorelleandco.com>

**Goodbye Gluten** – 416-781-9191 – 2066 Avenue Rd – A grocery store and bakery that is free from gluten, nuts, dairy, eggs and soy. Products include cupcakes, cookies and many other sweet and savoury treats.

<http://www.goodbyegluten.com>

**Bakes and Goods** – 647-847-8111 – 2523 Yonge St, north of Eglinton – Nut-free bakery Cupcakes and gourmet cookies. Gluten free, egg free and dairy free options available. \$\$\$

<http://bakesandgoods.com>

### **SOMETHING SWEET:**

**School Safe** – Made by Treasure Mills – A Canadian owned company which has many options to choose from. They are peanut free, tree-nut free and dairy free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. Items include banana chocolate chip loaves, brownies, chocolate chip cookies, cupcakes, vanilla chocolate chip loaves. They can be bought at most grocery stores like Loblaw's/Metro or Costco.

<http://www.treasuremills.com/about-us/>

**RealFruit** – Made by Dare – Gummies, sours and fruit chew snacks. They are peanut free, tree-nut free, gluten free and some are gelatin free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. They can be bought at most grocery stores like Loblaw's/Metro or Costco.

[http://www.darefoods.com/ca\\_en/brand/dare-candy-co/33](http://www.darefoods.com/ca_en/brand/dare-candy-co/33)

**Surf Sweets** – Gummy worms and bears and chewy sour candies. Free of high fructose corn syrup, artificial colors and flavours, and the top 10 allergens, including gluten.

<http://www.surfsweets.com>

**Bear Paws** – Made by Dare – Paw shaped soft cookies. They are peanut free and tree nut free. A lot of their items are individually packed so great for class picnics or parties. They are very reasonably priced. There are fruit chews, banana chocolate chip paws, brownie paws, chocolate chip paws, oatmeal paws etc. They can be bought at most grocery stores like Loblaw's/Metro or Costco

[http://www.darefoods.com/ca\\_en/brand/Bear%20Paws/29](http://www.darefoods.com/ca_en/brand/Bear%20Paws/29)

**Made Good** – Individually wrapped cereal bars or mini balls, flavours are chocolate banana, strawberry, mixed berry and apple cinnamon. Gluten free, dairy free, peanut and tree nut free, kosher options are available. Products can be bought at most grocery stores like Loblaw's/Metro or Costco.

<http://www.madegoodfoods.com/us/>

**Enjoy Life Foods** – Sweet (mini cookies) and salty (Plentil chips) options. All are free from gluten, wheat, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Products available at most grocery and health food stores.

<https://enjoylifefoods.com>

### **SOMETHING SALTY:**

**Skinny Pop** – A variety of flavoured popcorn such as original, sea salt, cheddar, naturally sweet and jalapeno. They have regular size bags as well as individually wrapped packages. Gluten free, dairy free, peanut free and tree nut free. . They are very reasonably priced. Can be bought at most grocery stores like Loblaw's/Metro or Costco.

<https://www.skinnypop.com/>

**Lays** – A variety of flavoured chips such as regular, sour cream and onion, ketchup etc. They have regular size bags as well as individually wrapped packages. *\*Gluten free except for BBQ flavour.* They do not advertise as peanut free, but no peanuts or tree nuts are used.

<http://www.lays.ca/products>

**Sensible Portions** - Garden Veggie Straws – Crunchy veggie straws with potato and veggies, similar to a chip. Gluten free. They do not advertise as peanut free, but no peanuts or tree nuts are used.

<http://www.sensibleportions.com/>

**Snyder's of Hanover** – All of their pretzels, including the gluten-free ones, are made in a peanut-free facility. Gluten-free version is available at Goodbye Gluten.

<http://www.snydersofhanover.com>

#### **SOMETHING FROSTY:**

**Chapmans** – Ice cream sandwiches and popsicles. Not all their products are peanut free, but there are many types of them that are peanut and tree nut free, as well as gluten free. Lolly's is their popsicle line that is peanut free, tree nut free as well as gluten free. They are very reasonably priced. Can be bought at most grocery stores like Loblaws/Metro. Please read package carefully to ensure that the product chosen is peanut/nut free.

<http://www.chapmans.ca/>

**Kisco** – Freezie pops and juice pops - All Kisco products are peanut free and nut free, dairy free, gluten free, soy free and egg free. Most products are also kosher.

<http://www.kiskofreezies.com>

#### **FRUIT/VEGETABLES:**

Fruit or veggie trays can be purchased at most grocery stores, as well as Costco. Pre-packaged carrot sticks, celery sticks and other fruit and veggies are ok. Please refrain from bringing fruit or veggies chopped at home, to avoid any cross contamination.

#### **PIZZA:**

Humewood currently use 1 Plus 1 Pizza, which is located at 361 Oakwood Ave, for regular pizza options. For gluten free pizza, Humewood uses Pizza Nova.