

To Snack providers:

We have a diverse group of boys in Pack 137. Among other things, there are quite a few food allergies represented amongst the group. Some of these allergies include blackberries, carrots, peanuts, tree nuts (almonds, pistachios, walnuts, pecans, cashews, etc.), seafood, mangoes, papaya, sesame, and some cheeses.

We are committed to making Pack events a safe environment for our Cubs, so we ask that anyone bringing food to share avoid anything with ingredients listed above. In general the allergic scouts and their parents are attuned to the situation and will ask about what they're being offered, but even contact with other kids who have eaten these foods can cause dangerous reactions, so we prefer to avoid them entirely.

**Here are some suggestions for safe snacks:**

- Fruit:** Apples, pears, clementines, oranges, grapes, bananas, watermelon
- Pretzels:** especially Rold Gold brand
- Crackers:** Plain Nabisco Triscuits or Wheat Thins  
Stop and Shop brand Crisp-Itz or Graham Crackers
- Cookies:** Nabisco: Oreos (not peanut butter flavored), Teddy Grahams
- Chips:** Tostitos or Stop and Shop Tortilla Chips (plain, not flavored)  
Ruffles, Lays, or Pringles Potato Chips (plain, not flavored),  
Fritos Corn Chips
- Rice cakes:** plain or salted (not nut or sesame)
- Popcorn:** Trader Joe's White (plain) Popcorn or Boston Light popcorn (not cheese)
- Candy (where appropriate):** Skittles (regular variety in red package), Smarties,  
Dumdum lollipops, Twizzlers

Thank you very much for understanding. Lucas Burkholder and Jay Burkholder (his dad) are thankful to have outgrown this challenge, and are more than happy to answer any questions you might have. Email Jay at [jay.burkholder@alum.mit.edu](mailto:jay.burkholder@alum.mit.edu).