

# FEBRUARY 2025

## CURRENT EVENTS AND UPDATES

- This month's newsletter will highlight Red Dye 40 products and carseat safety
- Happy Valentine's Day !
- New Insurance provider - Kaiser Permanente
- Exciting things are happening at Tots to Teens! Check us out on Facebook and Instagram to stay connected.



## Avoiding red dye No. 40.

The FDA has recently taken Red Dye 40 off our US food market, here are snacks for our kiddos which are dye free.



- A**
- Annie's Homegrown snack bars, crackers, fruit tape
  - Annies Organics

- B**
- Back to Nature crackers
  - Bare Baked Fruit Chips
  - Bare Snacks - Banana Chips, Simply Red Apple Chips, Toasted Coconut Chips
  - BEAR brand fruit snacks
  - Bitsys pretzels
  - Black Forest fruit snacks and gummies
  - BodyArmor Lyte sports drink
  - Bolthouse Farms salad dressings

- C**
- Cape Cod chips
  - Capri Sun drink pouches
  - Cascadian Farm Organic cereals
  - Cheez-it Original
  - Chex cereals
  - Chobani Greek yogurt
  - Cliff Kids Z Bars

- E**
- Earth's Best Snack bars

- F**
- Famous Amos Belgian Chocolate Chip Cookies
  - Fritos Originals

- G**
- GoGo Squeez products
  - GoGurt
  - Goldfish brand Pretzel Chips
  - Good and Gather Yogurt

- H**
- Happy Baby Organics
  - HappyTot oat bars
  - Hint flavored water

- J**
- Junkless granola bars
- K**
- Kashi cereals
  - Kind Bars
  - Kraft Mac & Cheese

- L**
- Lärabar Fruit and Nut Bars
- M**
- MadeGood Star Puffed Crackers
  - Mott's fruit flavored snacks

- N**
- Natural Candy Store candies
  - Nature Valley snack bars
  - Natures Bakery

- O**
- Oreo Original Cookies

- P**
- Pirate's Booty chips
  - Primal Kitchen salad dressings

- R**
- Ritz Original crackers

- S**
- Sensible Portions Veggie
  - Simple Mills cookies and crackers
  - Simple Truth filled pretzels
  - Simple Truth fruit strips
  - Simply Cheetos
  - Simply Doritos Organic White Cheddar Flavored Tortilla Chips



## S (continued)

- Simply Smartfood White Cheddar
- SkinnyPop popcorn
- Skratch Labs sports hydration mixes
- Smart Sweets snacks
- Snack Factory Original pretzels
- Snyders Pretzels
- Solely fruit snacks
- Stoneyfield Yogurt
- Sunchip

## T

- Tessemæ's salad dressings

## U

- Unreal Chocolate Gems

## W

- Wheat Thins Original

This list should help you avoid **red dye No. 40** when it comes to **processed, packaged foods**, but **you can also minimize consumption of the additive in other ways.**

**Sticking to whole ingredients, like fruits, vegetables, whole grains, nuts, and beans, and otherwise making more of your food and drink from scratch can make a big difference in your exposure to artificial colors and other potentially harmful ingredients.**



KAISER  
PERMANENTE®

**Tots to Teens Therapy Services has added Kaiser Permanente to our list of insurance providers.**

If you are currently private pay and have Kaiser Permanente as your insurance, please let your front desk person know.

## **Free Screening Coupons !!**

**Contact the front desk for more information.**

**Screening Coupons attached to Newsletter Email.**

## **Christina's Corner**

- **Reminder:** In case of inclement weather, the clinics follow the county government (not school system) closure policy. Our physical locations will be closed; sessions will be converted to telehealth.
- If your child has a day off from school and you need to cancel, switch to a virtual visit, or would like to see if an earlier time is available for that day, please email **[cancel@totstoteenththerapy.com](mailto:cancel@totstoteenththerapy.com)**
- **Reminder:** All session payments and copayments are now due at the time of service. Prepayment can be made using the link on our website or you can pay at the front desk.
- Please remember to let Katie W, **[authorizations@totstoteenththerapy.com](mailto:authorizations@totstoteenththerapy.com)** know if your insurance has changed. Failure to notify us of these changes can result in unexpected charges.





**Tots to Teens**  
therapy services

# WINTER CAR SEAT SAFETY

How to keep your child warm and safe.

## CORRECT:



- ✓ Child is wearing thin layers.
- ✓ Harness straps are buckled and tight.
- ✓ Put coats or blankets **over** the buckled and tight harness.

## INCORRECT:



- ✗ Child is wearing a bulky jacket.
- ✗ Bulky jackets make you think the harness straps are tight, but the straps are really too loose.
- ✗ Jackets or blankets are between the harness straps and the child.

## In case of an Emergency...

- Pack a bag that contains spare clothes, hats, gloves, blankets, water and non-perishable snacks.
- Download the Smart911.com app to save time in case a 911 call is necessary.