Iowa City Community School District Wellness Policy
Classroom Snacks and Celebrations

The ICCSD is committed to providing a safe and healthy learning environment for our students. Due to the increase in food allergies and concerns with childhood obesity, changes have been made to the district's Wellness Policy regarding classroom snacks, birthday treats and classroom celebrations.

Classroom snack / Classroom celebration food requirements (these requirements are the same as Smart Snacks and Healthy Foods Guidelines :

- *Snacks **must not** contain peanuts or peanut butter, or made in a factory where cross-contamination may occur*
- *Fresh fruits and vegetables are preferred choices*
    - *Please wash and cut fruits and vegetables for easy serving*
- *No home-made foods*
- *Foods other than fresh fruits and vegetables must be packaged with ingredients listed*
    - *Preference for whole grain or whole grain products*
    - *Calories less than 200 cal/serving*
    - *Zero trans fat*
    - *Calories from saturated fat less than 10%*
    - *Low Sugar, low sodium, high fiber*

Some elementary schools are piloting the celebration of birthdays without food. Please check with your child's school to see if they are doing this pilot.

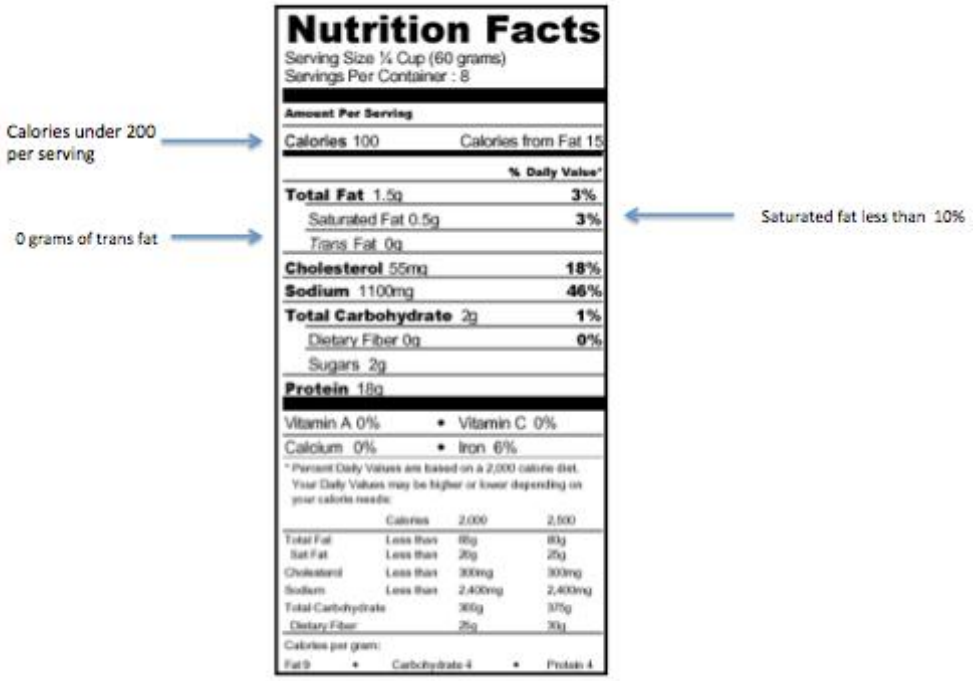
If you have questions, please contact your child's school or District Health Services at 319-688-1000

August 2015

How to Read Nutrition Labels

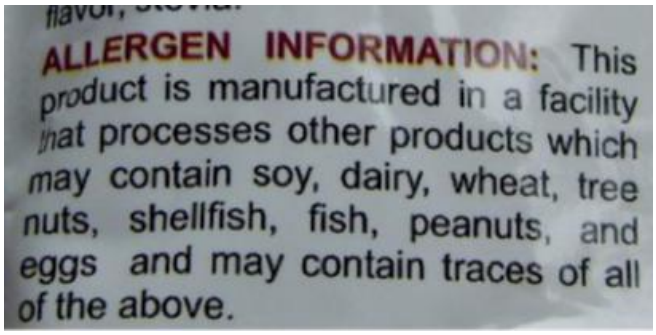
When looking at snack options it is important to read the nutrition label to ensure the snack meets requirements.

- Calories can be found near the top and should be under 200 calories/serving
- Saturated fat is located in the sub-column of Total Fat and should be less than 20%
- Trans Fat is located in the sub-column of Total Fat and should have 0 g



Allergies: all foods for classroom snacks and celebrations must be peanut and tree nut-free to provide a safe environment for students with those allergies. To make sure your snack is allergy-friendly you can use these tips

- Look through ingredient list and look for peanuts; tree nuts
- Most companies now offer bold allergy warning list like the one below
- Some companies have disclaimer statements saying while the product does not directly contain peanuts it is made in a facility that has peanuts



Examples of foods that meet the requirements

The stores that carry the specific brands are listed in parentheses ( )
These are just some examples.
There are likely many more that meet the requirements; please check food labels.

Fresh Fruit	
Apples	Mango
Bananas	Oranges
Blackberries	Papaya
Blueberries	Peaches
Cantaloupe	Pears
Cherries	Plums
Grapes	Raspberries
Honeydew melon	Strawberries
Kiwi	Watermelon

Dried fruit, Fruit Cups, Applesauce, etc:	
All Natural Fruit Strips *(Hy-Vee, New Pioneer)*	Mariana Dried Fruit (*Fareway*)
Applesnax Applesauce (*Dollar Tree, Fareway*)	Market Pantry Applesauce/Dried Fruit/Fruit Cups (*Target*)
Bare Apple Crisps/Slices (*Hy-Vee, Target)*	Midwest Country Fair Applesauce (*Hy-Vee*)
Big Slice Kettle Cooked Apples (*Costco)*	Mott's Applesauce (*Bread Garden, Costco, Dollar General, Fareway, Hy-Vee, Target, Walmart)*
Clover Valley Applesauce/Fruit Cups/Raisins (*Dollar General*)	Musselman Applesauce (*Bread Garden, Fareway, Hy-Vee)*
Crunchies Dried Fruit (*Hy-Vee, Wal-Mart*)	Native Forest Fruit Chunks (*New Pioneer*)
Del Monte Fruit Bars (*Target*)	Natures All Dried Fruit *(Hy-Vee*)
Del Monte Fruit Cups/Diced fruits (*Costco, Hy-Vee, Target, Walmart)*	Organic Farms Raisins *(New Pioneer))*
Dole Fruit Cups (*Bread Garden, Dollar General, Fareway, Hy-Vee, Walmart)*	Paradise Meadow Dried Cranberries (*Costco)*
Danielle Fruit chips (*Target)*	Pure Organic Fruit Veggie Strips (*Hy-Vee)*
Fareway Fruit Cups (*Fareway*)	Raisins (*in most food stores)*
GoGo Squeezers (*Costco, Hy-Vee, Target, Walmart)*	Santa Cruz Applesauce (*Bread Garden, New Pioneer)*
Great Stock Dried Fruit (*Bread Garden*)	Simply Balanced Dried Fruit/Fruit Pouches (*Target)*
Great Value Applesauce/Fruit Cups (*Walmart*)	Simply Nature Squeezable (*Aldi)*
Happy Squeeze Fruit and Veggie Twists (*Costco)*	Smart Sense Dried Fruit (*Kmart)*
Happy Valley Farms Dried Mangos (*Costco)*	Smuckers Fruit Pouches (*Target)*
Hy-Vee Applesauce/Fruit Cups (*Hy-Vee)*	Southern Grove Dried Fruit (*Aldi)*
Just Tomatoes Dried Fruit (*Hy-Vee)*	Stoneridge Orchards Dried Fruits (*Bread Garden, Costco, Hy-Vee)*
Kids Gourmet Organic Slammers *(Target)*	Stretch Island Fruit Company Fruit Strips (*New Pioneer)*

Kirklands Applesauce (*Costco)*	Sunmaid Raisins (*Target)*
Kirklands Real Sliced Fruit/Dried Fruits/ Mandarin Oranges (*Costco)*	Sunsweet Dried Fruit (*Costco, Fareway, Hy-Vee, Target, Walmart)*
Leroux Applesauce (*Bread Garden, New Pioneer*)	Vacaville Fruit Company Fruits (*Costco)*
Lunch Buddies Applesauce/Fruit Cups (*Aldi*)	Woodstock Dried Fruit (*Bread Garden)*
Made in Nature Dried Fruits (*Costco*)	
Mama Chia Squeeze (*Target*)	

Fresh Vegetables	
Bell Peppers	Cucumber
Broccoli	Edemame
Carrots	Green Beans
Cauliflower	Snow Peas
Celery	Sugar Snap Peas
Cherry Tomatoes	

Dips & Spreads	
Archer Farms Hummus (*Target*)	Opadipidy Greek Yogurt Dip (*Walmart)*
Boathouse Greek Yogurt Dip (*Hy-Vee, Target, Walmart*)	Organic Hope Spicy Hummus (*Costco)*
Frito Bean Dip (*Bread Garden, Dollar General, Fareway, Hy-Vee, Kmart, Target, Walmart)*	Otria Greek Yogurt Dip (*Fareway)*
Good Life Hummus (*New Pioneer)*	Otria Greek Yogurt Veggie Dip (*Target)*
Guacamole dip (*available in some food stores)*	Sabra Cucumber and Dill Greek Yogurt Dip *(Fareway)*
Holy Land Hummus (*Costco)*	Sabra Hummus (*Costco, Target, Walmart)*
Hope Habanero Lentil *(New Pioneer)*	Salsa (*available in most food stores)*
Hope Hummus (*New Pioneer)*	Skotibakis Greek Yogurt Jalapeno Dip (*Costco)*
Little Salad Bar Ranch Yogurt Dip (*Aldi)*	Tzatziki Greek Style Yogurt Dip (*Costco)*
Market Side Hummus (*Walmart)*	Wholly Guacamole (*Target)*
Martzetti Light Ranch Dip/ Veggie Dip/Greek	Yogurt Duo (*Fareway, Hy-Vee)*
Miso Master (*Bread Garden)*	Yogurt Ranch Dip (*Fareway, Hy-Vee, Target, Walmart)*
Oasis Hummus (*New Pioneer)*	
Opa Greek Yogurt Dip (*Hy-Vee, Walmart)*	

Dairy ***Caution with saturated fats on these products***	
String Cheese **Must be LIGHT, LOW FAT, REDUCED FAT, or WEIGHT WATCHERS mozzarella**	Yogurt **Nonfat and Greek Preferred**

Other Snack Choices	
Chips	
Archer Farms Cuban Style Black Bean Chips (*Target*)	Popcorners (*Dollar Tree, Hy-Vee, Walmart)*
Beanitos Chips (*Fareway, Hy-Vee, New Pioneer*)	Rhythm Kale Chips (*New Pioneer)*
D'Vour Tortilla Chips (*Costco*)	Rice Works Chips (*Hy-Vee)*
Enjoy Life Plentils (*New Pioneer*)	Santinas Tortilla Chips (*Dollar General)*
Food Should Taste Good Chips (*Bread Garden, Costco, Fareway, Hy-Vee, New Pioneer, Wal-Mart*)	Sensible Portions Tortilla Chips (*Target)*
Garden of Eatin' Chips (*Bread Garden, Hy-Vee, New Pioneer*)	Shultz Pretzels (*Walmart)*
Garden Veggie Straws (*Costco)*	Simply Balanced Tortilla Chips (*Target)*
Good Health Popped Chips (*Bread Garden)*	Simply Nature Tortilla Chips *(Aldi)*
Green Mountain Gringo Tortilla Chips (*New Pioneer)*	Snyder's Bow Ties (*Paul's Discount)*
Herr's Popped Chips (*Kmart)*	Specially Selected Pita Chips (*Aldi)*
Hy-Vee Pita chips (*Hy-Vee)*	Stacy's Pita Chips (*Bread Garden, Costco, Fareway, Hy-Vee, New Pioneer, Target, Walmart)*
Kirkland Tortilla/ Organic Tortilla Chips (*Costco)*	The Good Bean Chips (*New Pioneer)*
Late July Chips (*Bread Garden, Costco, Hy-Vee, New Pioneer)*	Tortilla Chips (*available in most food stores)*
Luke's Organic Multigrain Chips (*Bread Garden, New Pioneer)*	Tostitos Tortilla Chips (*Dollar General)*
Lundberg Rice Chips (*Bread Garden, Hy-Vee, New Pioneer)*	Way Better Snack Tortilla Chips (*Fareway, New Pioneer)*
Maya Kaimal Chickpea Chips (*Bread Garden, New Pioneer)*	
Old Dutch Pretzels (*Paul's Discount, Target, Walmart, Kmart)*	
Old Dutch Tortilla Chips (*Dollar General)*	
Party-Tizer Chips (*Costco)*	
Pop Chips (*Hy-Vee, New Pioneer)*	
Crackers	
Annie's Cheddar Bites (*Bread Garden, Hy-Vee, Walmart)*	Market Pantry Crackers (*Target)*
Back to Nature Crackers (*Bread Garden, Hy-Vee,*	Mary's Gone Crackers (*New Pioneer)*
Bentons Animal Crackers (*Aldi)*	Nabisco Graham Crackers (*Kmart)*
Busy Baker (*Dollar Tree)*	Monet Vegetable Crackers (*Dollar Tree)*
Butcher and Baker Veggie Flats (*Costco)*	Pepperidge Farm Cracker Chips (*Hy-Vee)*
Carr's Crackers (*Costco)*	
Clover Valley Crackers/Thin Wheats/Woven Wheats (*Dollar General)*	Pretzel Crisps (*Costco, Fareway, Hy Vee*)
Crunch Master Multi Grain crackers (*Costco, Target, Wal-Mart)*	Rich and Crisp Crackers (*Dollar Tree)*
Food Should Taste Good Crackers (*Bread Garden, Costco)*	Savoritz Thin Wheats/ Woven Wheat (*Aldi)*

Garden of Eatin' Crackers *(Bread Garden, Hy-Vee*)	Savory Crisp Crackers (*Costco)*
Garden Veggie Straws (*Fareway, Hy-Vee, Walmart)*	Sensible Portions Pita Bites (*Costco)*
Gold Fish Crackers (*Bread Garden, Dollar Tree, Fareway, Hy-Vee, Walmart)*	Smart Sense Crackers (*Kmart)*
Good Health Veggie Sticks (*Fareway)*	Snap Pea Crisps (*Costco)*
Graham Crackers (*available in most food stores)*	Stacy's Pita Chips (*Costco, Walmart)*
Great Value Thin Wheats/ Woven Squares (*Wal-Mart)*	Stauffers Whales/Animal Crackers (*Dollar General, Dollar Tree, Hy-Vee) (Walmart?)*
Greenbrier Graham Crackers (*Dollar Tree)*	Townhouse Crackers/ Flatbread/ Flip Sides/ Pita (*Costco, Dollar General, Fareway, Hy-Vee, Kmart, Walmart)*
Kashi Crackers (*Bread Garden, Fareway, Hy-Vee, Walmart)*	Townhouse Pita (*Target)*
Keebler Toasteds *(Hy-Vee, Walmart)*	Townhouse Pretzel Crackers (*Walmart)*
Kellogg's Special K Crackers (*Fareway, Hy-Vee, Walmart)*	Triscuit (*Bread Garden, Fareway, Hy-Vee, Walmart)*
Kirkland Ancient Grain Crackers (*Costco)*	Vans Simply Delicious Perfect 10 (*Costco, New Pioneer)*
Kirkland Animal Crackers (*Costco)*	Wheat Thins (*Costco, Bread Garden)*
Luke's Multigrain Crackers (*Bread Garden)*	
Granola Bars and Cereal Bars (*High alert products, no peanut butter flavor, be sure to check ingredients and factory warnings*)	
Cascadian Farms (*Bread Garden, Hy-Vee, New Pioneer)*	Kellogg's Special K Bars (*Fareway, Kmart, Hy-Vee, Walmart)*
Clover Valley Cereal Bars & Chocolate Chip Granola (*Dollar General)*	Kirkland Granola Bars (*Costco)*
Enjoy Life Chewy Bars (*Bread Garden)*	Live G Free Breakfast Bars/Granola Bars (*Aldi)*
Grace Snacks Animal Crackers (*Dollar Tree)*	Market Pantry Cereal Bars (*Target)*
Great Value Cereal Bars (*Wal-Mart)*	Market Pantry Chewy Granola Bars (*Target)*
Kashi Cereal Bars/Granola Bars (*Bread Garden, Fareway, Hy-Vee, Walmart*)	Millville Whole Grain Chewy Bars/Cereal Bars (*Aldi)*
Kellogg's Multi Grain Cereal Bars *(Bread Garden, Hy-Vee, Walmart)*	Project 7 Cereal Bars (*Hy-Vee)*
Kellogg's Nutrigrain (*Bread Garden, Costco, Fareway, Kmart, Hy-Vee, Walmart)*	Select Choice Chewy Granola Bars (*Dollar Tree)*
Popcorn	
Boom Chica Pop *(Fareway, Hy-Vee, Target)*	Skinny Pop *(Costco, Fareway, Hy-Vee, Target, Walmart)*
Fareway White popcorn *(Fareway)*	Smartfood Delight *(Bread Garden, Fareway, Hy-Vee, Wal-Mart)*
Jolly Time White Popcorn *(Fareway, Paul's Discount, Wal-Mart)*	Smart Sense *(Kmart)*
Old Dutch White Popcorn *(Dollar General, Kmart, Paul's Discount, Target, Wal-Mart)*	Vic's White Popcorn *(Hy-Vee, Target)*
Pirates Booty *(Costco, Hy-Vee, New Pioneer, Target)*	Wild Oats Popcorn *(Wal-Mart)*
Simply Balanced White Popcorn *(Target)*	

Pretzels	
Clancy's Pretzels (*Aldi)*	Penny Sticks Pretzels (*Dollar Tree)*
Great Value Pretzels (*Walmart)*	Rold Gold Pretzels *(Fareway, Paul's Discount, Target, Walmart)*
Hy-Vee Pretzel Thins (*Hy-Vee)*	Smart Sense Pretzels (*Kmart)*
Old Dutch Pretzels (*Kmart)*	Townhouse Pretzel Thins (*Kmart)*
Rice Cakes	
Fit and Active Rice Cakes (*Aldi)*	Quaker Oats Popped (*Fareway, Hy-Vee, Target, Walmart)*
Full Circle Rice Cakes (*Hy-Vee)*	Quaker Oats Rice Cakes (*Bread Garden, Fareway, Hy-Vee, Target, Walmart)*
Hy-Vee Rice Cakes (*Hy-Vee)*	Real Food Corn Thins (*New Pioneer)*
Lundberg Rice Cakes (*New Pioneer, Target)*	Susie's Thin Cakes (*Bread Garden)*
Lundberg Thin Stackers (*Target)*	