Shopping at Dollar Tree
Classroom Snacks and Celebrations
Foods that meet the
Iowa City Community School District requirements
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 celebrating birthdays without food. Please check with your child’s school to find out their practice.
## Dips & Spreads

<table>
<thead>
<tr>
<th>Salsa</th>
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## Other Snack Choices

## Chips

<table>
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<th>Tortilla Chips</th>
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## Crackers

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<tr>
<th>Monet Vegetable Crackers</th>
<th>Honey Maid Graham Crackers</th>
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## Misc.

<table>
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<tr>
<th>Penny Sticks Pretzels</th>
<th>Stauffers Whales</th>
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<tbody>
<tr>
<td>Island Choice Peach Cups</td>
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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 and/or tree nuts
- Most companies now offer a 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
CAUTION: This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.