

**Shopping at Hy-Vee**  
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 200cal/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.



## Fresh Fruit

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

## Dried Fruit, Etc.

All Natural Fruit Strips	Midwest Country Fair Applesauce
Bare Apple Slices	Motts Applesauce
Crunchies Dried Fruit	Musselmans Applesauce
Del Monte Fruit Cups	Natures All Dried Fruit
Dole Fruit Cups	Pure Organic Fruit Veggie Strips
Fruit Naturals Fruit Cups	Raisins
GoGo Squeezers	Stone Ridge Orchards Dried Fruit
Hy-Vee Apple Sauce	Sunsweet Dried Fruit
Hy-Vee Fruit Cups	Big Slice Kettle Cooked Apple Snacks
Dole Fruitocracy Squeezable Fruit	That's Smart Applesauce

## Fresh Vegetables

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

## Dips & Spreads

Bolthouse Farms Classic Ranch Yogurt Dressing	Marzetti Ranch Veggie Dip
Frito Bean Dip	Opa Greek Yogurt Dip
Guacamole	Salsa
Hummus	Sabra Tzatziki dip

## Dairy

Cheese Heads Light Mozzarella String Cheese	Sargento Light Mozzarella String Cheese
Crystal Farms Light Mozzarella String Cheese	Weight Watchers Mozzarella String Cheese
Hy-Vee Light Mozzarella String Cheese	Yogurt – Nonfat and Greek Preferred

### **Other Snack Choices**

#### **Chips**

Beanitos Chips	Pop Chips
Food Should Taste Good Chips	Rice Works Chips
Hy-Vee Pita Chips	Stacy's Pita Chips
Tortilla Chips	

#### **Crackers**

Back to Nature Crackers	Townhouse Crackers
Garden of Eatin' Crackers	Townhouse Flatbreads
Kashi Crackers	Townhouse Flip Sides
Keebler Toasteds	Townhouse Pita
Pepperidge Farm Cracker Chips	Triscuits
Wheat Thins	

### **Granola Bars \*High alert products, no peanut butter flavor, be sure to check ingredients and factory warnings\***

Cascadian Farms Granola Bars	Kellogg's Nutrigrain
Kashi Cereal Bars	Kashi Granola Bars

#### **Misc.**

Annie's Cheddar Squares	Hy-Vee Pretzel Thins
Garden Veggie Straws	Pretzels
Gold Fish	Pretzel Crisps
Graham Crackers	That's Smart Animal Crackers

#### **Popcorn**

Boom Chicka Pop	Smartfood Delight White Popcorn
Pirates Booty	Vic's White Popcorn
Skinny Pop	

#### **Rice Cakes**

Full Circle Rice Cakes	Quaker Oats Popped
Hy-Vee Rice Cakes	Quaker Oats Rice Cakes

## 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

<b>Nutrition Facts</b>	
About 8 servings per container	
<b>Serving size</b>	About 6 chips (28g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 0g	
<b>Protein</b> 2g	

Calories under 200 per serving →

0 grams of trans fat →

← Saturated fat less than 10%

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

wheat (graham) flour, partially hydrogenated soybean and/or cottonseed oil, baking soda, salt, whey, honey, soy lecithin.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS. MAY CONTAIN TRACES OF 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.