

**Shopping at Fareway**  
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
<b>Dried Fruit, etc.</b>	
Dole Fruitocracy Fruit Pouches	Motts Applesauce
Dole Fruit Cups	Musselman Applesauce
Fareway Fruit Cups	Raisins & Sunsweet Dried Fruit
GoGo Squeez	Mariani Dried Fruit
<b>Fresh Vegetables</b>	
Bell Peppers	Cucumber
Broccoli	Edemame
Carrots	Green Beans
Cauliflower	Snow Peas
Celery	Sugar Snap Peas
Cherry Tomatoes	
<b>Dips &amp; Spreads</b>	
Hummus	Marzetti Light Ranch Yogurt Dip
Frito Bean Dip	Sabra Cucumber and Dill Greek Yogurt Veggie Dip
Guacamole	Salsa
<b>Dairy</b> <b>Watch saturated fat amounts – must be lowfat or lite version</b>	

Crystal Farms Light Mozzarella String Cheese	Weight Watchers Mozzarella String Cheese
Fareway Reduced Fat String Cheese	Yogurt – Greek and Nonfat preferred

### **Other Snack Choices**

#### **Chips**

Beanitos Chips	Tortilla Chips
Way Better Snack Tortilla Chips	Stacy's Pita Chips

#### **Crackers**

Keebler Toasteds Harvest Wheat	Townhouse Pita
Kellogg's Special K Crackers	Triscuit
Townhouse Crackers	Wheat Thins
Townhouse Flip Sides	

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

Kellogg's Nutrigrain	
----------------------	--

#### **Misc.**

Animal Crackers	Graham Crackers
Fareway Pretzels	Pretzel Crisps
Gold Fish	Rold Gold Pretzels
Good Health Veggie Sticks	Veggie Straws

#### **Popcorn**

Boom Chicka Pop	Smartfood Delight Popcorn
Fareway White Popcorn	Skinny Pop

#### **Rice Cakes**

Quaker Oats Popped	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 →

← Saturated fat less than 10%

0 grams of trans fat →

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.