

**Shopping at Dollar General**  
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.



**Dried Fruit, Etc.**

Clover Valley Applesauce	Dole Fruit Cups
Clover Valley Fruit Cups	Motts Applesauce
Clover Valley Raisins	

**Dips & Spreads**

Frito Bean Dip	Salsa
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**Other Snack Choices****Chips**

Old Dutch Tortilla Chips	Tostitos Tortilla Chips
Clover Valley Tortilla Chips	

**Crackers**

Clover Valley Crackers	Nabisco Triscuit Crackers
Nabisco Wheat Thins	Ritz Fresh Stacks

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

Clover Valley Cereal Bars	Clover Valley Chocolate Chip Granola Bars
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**Misc.**

Clover Valley Graham Crackers	Old Dutch Pretzels
Gold Fish	Stauffers Animal Crackers
Honey Maid Graham Crackers	Stauffers Whales

**Popcorn**

Old Dutch White Popcorn	
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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

<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.