

Shopping at Costco
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.

Big Slice Kettle Cooked Apples	Kirkland Real Sliced Fruit
Del Monte Diced Peaches	Made in Nature Dried Fruit
GoGo Squeezers	Motts Applesauce
Happy Squeeze Fruit and Veggie Twists	Paradise Meadow Dried Cranberries
Happy Valley Farms Dried Mangos	Raisins
Kirkland Applesauce	Dole Cherry Mixed Fruit
Kirkland Blueberries and Cherries Dried Fruit	Goldenstar Mandarin Oranges
Kirkland Mandarin Oranges	Sunsweet Plums
Vacaville Fruit Company	

Fresh Vegetables

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

Dips & Spreads

Guacamole	Salsa
Holy Land Hummus	Skotibakis Jalapeno Greek Yogurt Dip
Organic Hope Spicy Hummus	Tzatziki Greek Style Yogurt Dip
Sabra Hummus	Hannah Organic Hummus
Kirkland Hummus	

Dairy

String Cheese – must be light lowfat mozzarella	Yogurt – Nonfat and Greek preferred
GoGurt – mixed box	

Other Snack Choices

Chips

D'vour Tortilla Chips	Kirkland Tortilla Chips
Food Should Taste Good Multigrain Chips	Late July Tortilla Chips
Kirkland Organic Tortilla Chips	Stacy's Pita Chips

Crackers

Carr's Crackers	Nabisco Organic Triscuit
Crunchmaster Multigrain Crackers	Mary's Gone Crackers Original
Kirkland Ancient Grain Crackers	Wheat Thins
Sensible Portion Pita Bites	

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

Kellogg's Nutrigrain	
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Misc.

Garden Veggie Straws	Pretzel Crisps
Gold Fish	Snap Pea Crisps
Honey Maid Graham Crackers	Snyders Pretzels
Kirkland Animal Crackers	

Popcorn

Pirates Booty	Skinny Pop
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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

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