

Shopping at Bread Garden
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.

Dole Fruit Cups	Musselman Apple Sauce
Great Stock Dried Fruit	Santa Cruz Apple Sauce
Leroux Apple Sauce	Stone Ridge Orchards Dried Fruits
Motts Apple Sauce	Woodstock Dried Fruit

Fresh Vegetables

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

Dips & Spreads

Frito Bean Dip	Miso Master
Guacamole	Salsa
Hummus	

Dairy

Yogurt Greek	Yogurt Nonfat preferred
--------------	----------------------------

Other Snack Choices

Chips

Food Should Taste Good Chips	Luke's Organic Chips
Garden of Eatin' Chips	Lundberg Rice Chips
Good Health Popped Chips	Maya Kaimal Chickpea Chips
Late July Chips	Stacy's Pita Chips

Crackers

Back to Nature Crackers	Luke's Multigrain Crackers
Food Should Taste Good Crackers	Triscuits
Garden of Eatin' Crackers	Wheat Thins
Kashi Crackers	

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

Cascadian Farms	Kellogg's Nutrigrain
Enjoy Life Chewy Bars	Kashi Granola Bars

Misc.

Animal Crackers	Graham Crackers
Annie's Cheddar Bites	Pretzels
Gold Fish	

Popcorn

Smartfood Delight	
-------------------	--

Rice Cakes

Susie's Thin Cakes	Quaker Oats 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

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 →

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.