

Shopping at Trader Joe's
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.



All products other than fresh fruit and vegetables are Trader Joe's brand

Fresh Fruit

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

Dried Fruit, Etc.

Apple Sauce	Fruit Sauce Crushers
Big & Chunky Apples	Peach Halves
Pear Halves	Mandarin Oranges

Fresh Vegetables

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

Dips & Spreads

Hummus	Salsa
Spinach Dip	Guacamole

Dairy

Yogurt Greek and Nonfat preferred	Lite Mozzarella String Cheese
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Other Snack Choices

Chips

Tortilla Chips	Popcorn – organic with olive oil
Pita Chips	Pretzel Slims
Pretzel Sticks	

Crackers

Honey Graham Crackers	Savory Thin Mini Crackers
Bite Size Everything Crackers	Savory Thin Mini Crackers Multiseed with Tamari Soy Sauce
Wheat Crisps	Woven Wheat Wafers
12 Grain Mini Snack Crackers	Water Crackers
Multigrain Crackers	

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

Cereal Bars – Blueberry, Strawberry, Fig and Apple	
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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.