



Healthier Snack Guide

Jefferson-Morgan
School District

**2010-2011
School Year**

What is the Wellness Policy?

Jefferson-Morgan School District’s Wellness Policy covers physical activity, physical education, nutrition education and all foods available on school grounds during the school day. This includes fundraisers, class parties, fairs and other school functions held during the school day where food or beverages are offered for student consumption.

Lists are included in this guide to assist you in making choices that are consistent with the District’s Wellness Policy requirements. These lists are not intended to endorse any products.



Be aware that there are students in our schools with severe allergies. Another reason why calling ahead before bringing a snack is the best way to go.

- ⇒ ***Food/Beverages as part of a fundraiser must be reviewed and approved by the principal.***
- ⇒ ***Food/Beverages brought from home must be approved by the classroom teacher and/or principal.***
- ⇒ ***Food/Beverages as part of a fair or event during the school day—on school grounds must be approved by the principal.***

Acceptable Beverages:

Water (flavored or unflavored)

Any brand of water



Low-fat or non-fat Milk

Any brand of Flavored or non-flavored milk such as ...

Milk Chugs

E-Moo

Dannon Drinkable Yogurt

Milk Shakes (sugar cannot be the first ingredient)

100% Juices

Any brand of 100% juice such as..

Nestle Juicy Juice

Minute Maid

Sunkist

Tropicana

Capri Sun

Any 100% Juice Smoothies (sugar cannot be the first ingredient)

Snack Standards:

The classroom teacher will be the person responsible for ensuring the following criteria is met when having any type of classroom party in their room where foods will be offered:

- Packaged items must be limited to single serve packages. (Items do not have to be individually wrapped to be considered single serve)
- Cannot be a FMNV (See section below entitled FMNV)
- If snacks are offered, the following must be offered *in addition to* the snacks: fresh fruits or vegetables AND water, 100% juice or milk.
- Must offer minimal amounts of foods (no more than 2-3 items) that contain added sugar as the first ingredient (this does not include naturally occurring sugar in milk, yogurts and other such items).
- Provide items that contain more than 2 grams of fiber.

Because of the strict criteria that needs to be met, the best advice would be to stick with fruits and vegetables, items on the "approved foods" list, or simply choose non-food items as handouts.

FMNV (Foods of Minimal Nutritional Value)

Unlike competitive foods, FMNV cannot be sold or offered to students anywhere on school grounds during the school day. Please be sure not to send these type of items to school for parties, or offer these types of foods to students during the school day. Although foods such as baked chips may not be the most nutritional of items they do offer some vitamins and minerals whereas the foods on the list below do not. The items below have almost no nutritional value except to offer calories—mostly from sugar.

There are 4 categories of FMNV:

(1) Soda Water—Carbonated Beverages, which may include the following; but not limited to:

Coca-Cola, Dr. Pepper, Sprite, Diet Coke, Root Beer, Mountain Dew, Pepsi, etc.

(2) Water Ices—Snow cones, Slurpies, Slushies, etc. (This does not include items made with 100% fruit juices.)

(3) Chewing Gum—Bubble Yum, Hubba Bubba, Wrigley's chewing gum, Blow Pops

(4) Certain Candies--Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

(i) Hard Candy—Jolly Ranchers, Warheads, Cherry Sours, Nerds, Runts, Gobstoppers, Sweetarts, sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.)

(ii) Jellies and Gums—Gummy Apple Rings, Sour Worms, Orange Slices, Itsy Bitsy Gourmet Jelly Beans, Berry Fruit Snacks, Mike & Ike Original, Mike & Ike Zours, Hot Tamales, Gum drops, (jelly beans, jellied and fruit-flavored slices), etc.

(iii) Marshmallow Candies—Marshmallow crèmes, Peeps, etc.

(iv) Fondant--Candy corn, Peppermint Patties, Soft mints, Lemonheads, Cherryheads, Grape heads, etc.

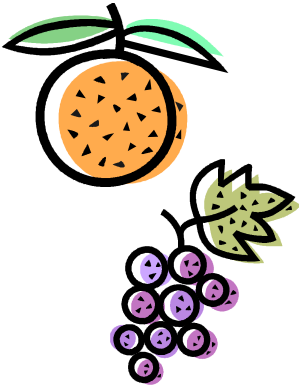
Whole Grain & High-Fiber (2 or more grams per serving) Snacks



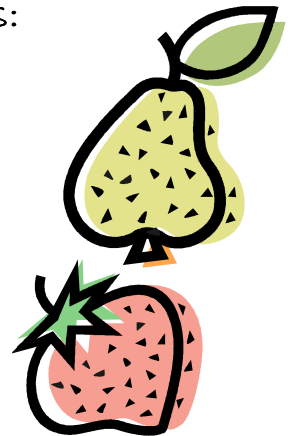
baked whole grain corn or whole grain flour tortilla chips
 whole-grain ridged chips
 multi-grain cereal bars
 granola bars
 oatmeal raisin cookies with > 2 g fiber/serving on their label
 fig cookies and fig mini-size cookies
 trail mix (with or without nuts or sunflower seeds)
 dry-roasted sunflower seeds
 dry-roasted soy beans

bran multi-grain crackers and multi-grain crackers
 whole-wheat Matzos
 whole-grain pretzels & whole-grain soft pretzels
 whole grain cereals, bran cereals or bran flake cereals
 woven wheat crackers
 rice cakes or brown-rice cakes
 thin crisp whole grain crackers
 whole-grain crackers
 microwave popcorn (ideally low-fat); ready-to-eat popcorn with hull

Fruits and vegetables are great choices as snacks:



fruit or veg kabobs
 celery/carrot sticks w/ dip
 apple slices with dip
 strawberries w/ low fat vanilla yogurt as a dip
 banana splits made w/ yogurt
 orange smiles (quarters)
 fresh fruit salad



Snack

Time



Any food brought in by a parent for their own child is not regulated by the wellness policy (however this may be regulated by District or building policy).

Foods brought in for the entire Pre-K and Kindergarten class "Snack Time" must not

1. be a FMNV
2. list sugar as the first ingredient
3. be more than a single serve packet or portion.

Beverages should be at least 50% juice, low-fat milk or water.

The principals, food service director, teachers and other school staff are available to assist you with any questions you have regarding the PA Nutrition Standards.

Please check the labels or you may contact the food service director regarding specific products not listed.

Animal crackers

Baked chips or crackers

Breakfast & cereal bars/cereal mixes

Barbara's Granola Bars: Cinnamon Raisin, Oats and Honey, Carob Chip

Barbara's Multigrain Cereal Bar: Cherry, Strawberry, Apple Cinnamon, Blueberry, Raspberry, Triple Berry

Barbara's Snackimals: Chocolate Chip

Cliff Bar: Apricot, Black Cherry Almond, Carrot Cake, Chocolate Chip, Cool Mint Chocolate, Cranberry Apple, Cherry, Crunch Peanut Butter, Lemon Poppyseed, Peanut, Toffee Buzz, Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Crème, and Chocolate Brownie

Dannon Light & Fit Non-Fat Yogurt: Blackberry Pie, Blueberry, Cherry Vanilla, LemonChiffon, Orange Mango, Peach, Raspberry, Strawberry, Strawberry Banana, Strawberry Kiwi, Vanilla, White Chocolate, Raspberry

Dannon Light and Fit Non-Fat Creamy Yogurt: Banana Cream, Blueberry, French Vanilla, Key Lime, Peach, Raspberry, Strawberry

Dole Fruit Bowls: Tropical Fruit, Pineapple, Mixed Fruit, Diced Peaches

Dried fruit

Reduced-fat, and sugar baked cookies on certain days – oatmeal raisin on others

Ginger snaps

Fresh Fruit – cherries, grapes, berries, melon balls/wedges, unsweetened applesauce,

Fruit kabobs, fruit with dipping sauce

Fresh Vegetables – cut up broccoli, grape tomatoes baby carrots, celery sticks &

Frito Lay Baked Doritos: Nacho Cheesier

Frito Lay Baked Lays: Potato Crisps, KC Masterpiece BBQ, Sour Cream and Onion

Frito Lay Baked Ruffles: Potato Crisps, Cheddar and Sour Cream

Frito Lay Baked Tostitos: White Corn Tortilla Chips, Bite Size Tortilla Chips

Frito Lay Rold Gold: Classic Sticks, Classic Tiny Twists, Classic Honey Mustard Tiny

Twists, Classic Cheddar Cheese Tiny Twists, Honey Wheat Braided Twists Pretzels

General Mills Chex Mix: All varieties

General Mills Milk and Cereal Bars – Cheerios

Gogurt

Grab-and-Go Salads

Health Valley Cobbler: Apple, Blueberry, and Strawberry

Health Valley Solar Bars: Berry Peanut Butter and Chocolate

Health Valley Strawberry Cobbler

Kellogg's Nutri-Grain Cereal Bar: Apple Cinnamon, Blueberry, Mixed Berry, Raspberry, Strawberry

Kettle Krisps, Low-Fat: BBQ and Low-Salt

Kellogg's Nutri-Grain Twists: Apple Cobbler, Strawberry Cheesecake

Kettle Valley 100% Fruit Bars: Wildberry, Raspberry, Strawberry, Sour Apple, Tropical, Watermelon, Grape

Kirkland Low-Fat Yogurt

Kirkland's Trail Mix

Lightly or unsalted pretzels

Low-fat & low sugar pudding cups

Low or non-fat cheese sticks/string cheese/cream cheese spread

Low or non-fat cottage cheese and fruit canned in own juices

Luna Bars: Peanut Butter and Jelly, Sesame Raisin Crunch

Mott's Applesauce Individual Cups: Natural, Original

Natural peanut butter

Nature Valley Crunch Granola Bars: Cinnamon, Oats 'N Honey, Peanut Butter

Nature Valley Chewy Trail Mix Bars: Fruit and Nut

Natural Value Fruit Leathers: Apricot, Peach, Raspberry, Strawberry

Newman's Own Salted Rounds Pretzels

Nuts - all varieties

Pasta marinara

Pita Snax: Lightly Salted, Garlic, Cheddar Cheese, Dill Ranch, Chili and Lime, Cinnamon

Reduced fat and reduced sugar cookies/crackers

Rice cakes

Salsa for baked chips

Subs -Low fat like "Subway" advertises or deli style sandwiches.

Snyder's of Hanover: Homestyle, Thin Pretzels, Mini Pretzels, Butter Snaps

Sunflower seeds

Trail mix

The items above are just a sampling of items that are available in stores that meet the requirements.

This list will be updated each year as more healthful products are introduced into the market.

If you find a good product that is not on this list but can be please share it with us to print in an updated version.