

RSU1 APPROVED NUTRITIOUS FOODS FOR SCHOOL CELEBRATIONS
MAY 2009

Fresh Fruit (purchased locally when possible)

- ∞ Whole
- ∞ Cut up and served with or without nut butter or low-fat cream cheese dip
- ∞ Fruit Salad – made with or without yogurt
- ∞ Fruit and Cheese Kabobs
- ∞ 100% Frozen Fruit Smoothies (made with or without low fat yogurt or 100% fruit juice)
- ∞ 100% Frozen Fruit Ices or bars with no added sweeteners
- ∞ Canned Fruit in fruit juice not syrup

Dried Fruit – any variety

- ∞ 100% dried fruit snacks (no added sweeteners)

Nuts and seeds

- ∞ Peanuts, soybeans, walnuts, almonds, sunflower seeds, flax seeds, macadamia, chickpeas, cashew, coconut, pistachio, pine nuts*

Raw Vegetables (purchased locally when possible)

- ∞ Any variety w/low fat dips, hummus ...

Whole Grain Crackers w/ cheese slices

- ∞ (eg. Triscuits, Stone Wheat Thins)

String Cheese**Trail Mix**

- ∞ Preferably made w/whole grain cereals and or low sugar (< 6 grams per cup such as Life, Cheerios, Chex, Kix...) mixed with nuts, seeds, pretzels. No candy or marshmallows. (recipes will be made available)

Granola Bars

- ∞ Quaker Chewy 25% less sugar; chocolate chip flavor or variety pack
- ∞ Kashi Granola Bars – all varieties
- ∞ Kellogg's Fiber Plus – choc chip flavor
- ∞ General Mills Fiber One – all varieties
- ∞ Hannaford Apple Cinnamon Cereal Bars
- ∞ Hannaford Fiber Max – oats and chocolate or oats and peanut butter flavors
- ∞ Homemade (recipe will be made available)

Popcorn

- ∞ Home popped with no butter added
- ∞ Any microwave brand that is 94% fat free

Pretzels

- ∞ Preferably mini, whole wheat and low-salt

Corn tortilla chips

- ∞ Preferably low fat or baked, with salsa or bean dip

Yogurt

- ∞ Any variety, but recommended light or fat-free varieties. Yogurt parfaits with fruit and/or low-fat granola.

Apple sauce

- ∞ No sugar added / unsweetened varieties

Mini Whole Grain Bagels

- ∞ With nut butter, low-fat/light cream cheese, or fruit preserves that have no added sugar.

Sandwich Wraps/roll ups or other sandwiches

- ∞ on whole grain breads with ham, turkey, chicken with veggies, +/- cheese and low fat condiments

Recipes and ideas for fun fruit and vegetable snacks will be available in the *RSU 1 In Health* handbook in September, 2009.

Approved for occasional/limited consumption

It is recommended that there be only one of these items at any occasion and roughly one serving per student.

- ∞ Unfrosted Animal Crackers – Stouffers or other varieties that are not made with trans fats or partially hydrogenated oils.
- ∞ Oatmeal Raisin Cookies (recipes will be available)
- ∞ Fruit Newtons
- ∞ Baked Lays potato chips
- ∞ Pudding made with low fat milk (if pre-made store bought, refrigerated brands only)
- ∞ Muffins - Small, made with at least half whole wheat or corn, and fruit (recipes will be made available)
- ∞ Small single serving (1 slice) of pizza, made with whole grain crust or whole grain English muffins, sauce and cheese (part skim mozzarella), +/- vegetables.

Requests for items to be added to this list should be made in writing to the RSU 1 Wellness Council. Please include nutrition information. The list will be updated and distributed bi-annually.

Criteria for this list came mainly from the “Let’s Go” program through Maine Health, as well as from the Hannaford Guiding Star system. These programs used PhD nutritionists to determine which kinds of foods were most nutritious. All of the details of the Hannaford system are not available to us, but for prepared foods, we chose only items that had at least a one star rating. These foods had to meet criteria based on content of vitamins, minerals, fiber, whole grains, trans or saturated fats, cholesterol, sugar and sodium.

As a general guideline, food on this list (by serving) should have no more than:

- ∞ 35% sugar by weight, except natural sugars in fruit
- ∞ 30% calories from fat, except nuts
- ∞ 600 mg of sodium.
- ∞ 60 mg or less of cholesterol
- ∞ The use of whole grains as much as possible.
- ∞ Very limited or no trans/saturated fats, high fructose corn syrup or artificial sweeteners.

Note that whole grain and whole wheat are not the same thing. Whole grain refers to 2 grams of fiber per serving.