

Dear Parents,

In response to The Child Nutrition Program Reauthorization of 2004, snacks and drinks brought into school should have (per serving):

- No more than 7 grams of fat **and** contribute less than 30% of its calories from fat
- No more than 2 grams of saturated fat **and** contribute less than 10% of its calories from fat
- Zero (0) grams of Trans Fat
- No more than 15 grams of added sugar **and** contribute less than 25% sugar by weight
- No more than 370 mg of sodium
- Drinks may be water, milks or 100% juice

The School Improvement Advisory Committee (SIAC) has compiled a detailed list of fruits, vegetables, cereals, pretzels, crackers, snacks, and frozen novelties, which follow the above guidelines. These brand names and products can be found at Hy-Vee, Econofoods, Wal-Mart, Target, Aldi's, Fareway and Sam's Club. Also included is information on how to calculate the fat and sugar content of a food from its label.

When shopping for snacks on this list, notice there are specific brands and products to choose from. Please take a moment to check the label of a brand or product not included on the list.

The SIAC has included a variety of foods to choose from. Here are some other healthy tips you may want to consider when purchasing snacks for your child:

- Look for whole grains. You will notice an asterisk (\*) next to some foods on the list. This means that a whole grain is listed as either the first or second ingredient.
- Look for natural ingredients. Products that contain sucralose (Splenda), aspartame (Equal and Nutrasweet), and saccharin (Sweet'N Low) have not been included.
- Eat a variety of foods from each of the food groups for better nutrition.
- There are no "bad" foods, however, those higher in fat and sugar should be eaten in moderation.
- Watch portion size, many products are packaged for adults.
- Encourage your child to drink water when thirsty.

Not every store may carry each brand and product listed. Feel free to explore the grocery store and find other items that follow the guidelines. If you find an item that is not listed, please let us know so we may add it.

Thank You,

SIAC