

Snack Guidelines for Key School

It is the policy of most classrooms grades Pre-K through 2 that teachers ask parents to bring in snack for the class; most ask each parent to do one week in the fall and one week in the spring or some variation of that. Some classrooms have their own snack guidelines due to food allergies—in such cases, different recommendations may apply.

To promote healthy eating, good behavior, and nourished children ready for learning, Key School and its PTA have made the following recommendations for parents and teachers.

Some General Suggestions:

- Artificial colors and flavors are unnecessary and can be unhealthy. Preservatives can also be unhealthy and are often petroleum-based.
- Added sugar can increase activity levels in children.
- Whenever possible, choose foods that are whole, fresh, natural, organic, local, seasonal, and unprocessed
- One of the easiest ways to avoid artificial ingredients and know exactly what is in your kids' snacks is to prepare snacks (muffins, etc.) at home (time permitting).
- Larger packages produce less waste for our landfills. Please wash and pre-cut any fruits/veggies (including dividing grapes) so they are ready to serve.
- USDA Certified Organic foods are best for public health and the environment and are the only way to ensure there are no added ingredients that can be harmful, including artificial colors, flavors, or preservatives, toxic pesticides, fertilizers, antibiotics, growth hormones, genetically modified organisms, and endocrine disruptors. (To download a list of the fruit and veggies "Dirty Dozen/Clean 15" go to: <http://www.foodnews.org/walletguide.php>)

Look for USDA Organic Label

There are many options for buying USDA Organic.

Safeway and **Whole Foods** both carry many items, as do **My Organic Market (Mom's)** located in Rockville and Alexandria. **Trader Joes** carries many products that are all-natural and organic.



Farmers' Markets: Closest are Palisades (Sundays, 48th Pl. NW, 9 a.m.-1 p.m.) and Hardy Middle School (Saturdays, 9 a.m.-1 p.m. Hardy parking lot) from May through October, offer a variety of local, seasonal fruits and veggies (many of them organic, and if not, small farms tend to spray less with pesticides/herbicides). Visit www.localharvest.org to find other farmers' markets and info about Community Supported Agriculture (CSAs).

Other USDA Organic Snacks: *The following list is by no means exhaustive. The PTA welcomes the identification of additional USDA Organic Snacks that can be added and distributed to parents and teachers.*

On the following page are USDA Organic brand name suggestions to make organic snacks for our kids as easy as possible:

Safeway MacArthur Blvd.
USDA Label Organic Snacks:

FRUIT

Dole Organic Bananas
Apples - *Safeway Organics*
Oranges - *Safeway Organics*
Driscoll's Organic Strawberries
Small Box of Raisins - *Safeway Organics*
4 Pack Applesauce - *Safeway Organics*

CARROTS

Mini Peeled Carrots - *Safeway Organics*

CRACKERS

Golden Round Crackers - *Safeway Organics*
Bite Size Cheese Crackers - *Safeway Organics*
Cheese Curls - *Safeway Organics*

CHIPS/POPCORN

White Corn Tortilla Chips - *Safeway Organics*
Popcorn - *Safeway Organics*

CHEESE

Monterey Jack; Sharp White Cheddar Cheese
- *Safeway Organics*

YOGURT

Stoneyfield Farm Organic Yogurt

Whole Foods Wisc. Ave.
USDA Label Organic Snacks:

FRUIT

Dole Organic Bananas
Organic Apples
Organic Oranges
Santa Cruz Organic Apple Sauce
Whole Foods 365 Organic Applesauce
Earth's Best Kidz Organic Applesauce
Vermont Organic Village Cannery Applesauce

CARROTS

Bunny Love Organic

BARS

Enviro Kids Crispy Rice Organic Bar
Nature's Path Organic Granola Bars
Cliff Kids Organic ZBar
Cascadian Farms Chewy Organic Granola Bar

PASTRY

Nature's Path Organic Toaster Pastries

CRACKERS

Back to Nature Organic Crackers
Annie's Homegrown Organic Crackers
Whole Foods 365 Organic Crackers
Annie's Organic Snack Mix Bunnies
Organic Blue Star Farms Crackers
Suzie's Organic Saltine Crackers
Late July Mini Cheddar Cheese Organic Crackers
Ian's Organic Cheddar Crackers
Venus 8 Grain Organic Crackers
Mary's Gone Crackers Organic Crackers (kids pack)

PACKAGED COOKIES

Erin Baker's Organic Cookies
Country Choice Organic Cookies
Whole Foods 365 Organic Cookies
New Morning Honey Organic Cookies
Snikiddy Organic Cookies
Ian's Organic Cookies
Late July Organic Cookies
Earth's Best Organic Cookies
Envirokidz Nature's Path Organic Cookies
Popums Organic Cookies
Country Choice Organic Cookies

POTATO CHIPS

Kettle Organic Chips (kids pack)

CHEESE

Horizon Organic Cheese Sticks
Organic Valley Organic Cheese Sticks
Whole Foods 365 Organic Cheese Sticks

YOGURTS

Stoneyfield Farm Organic Yogurt
Whole Foods 365 Organic Yogurt