

## **NEW GUIDELINES FOR FOOD BROUGHT INTO THE CLASSROOM OR INSTRUCTIONAL AREA**

*\*The following guidelines and information are in compliance with new regulations under the Healthy Hunger-Free Kids Act set forth by the U.S. Department of Agriculture (USDA).*

### **HIGHLIGHTS-**

- **NO homemade/home-cooked treats.**
- **Must follow the Smart Snacks in School nutrition standards.**
- **Must be allergen-free IF in a designated allergy-free room.**

All foods and beverages the district provides or makes available to students during the school day will meet or exceed the Smart Snacks nutrition standards. This includes foods and beverages provided or made available to students for celebrations, classroom parties, and birthdays. Foods and beverages should not be used as a reward or withheld as a punishment.

### **1. Food items brought into the classroom setting or any instructional area:**

- a. **Must meet or exceed the USDA Smart Snacks in School nutrition standards;**
- b. **May NOT be homemade;**
- c. **May be prepackaged, store bought items;**
- d. **Must contain Nutritional Analysis and ingredients on the packaging unless item is a fresh/frozen fruit or vegetable;**

To determine if a food or beverage meets the Smart Snacks standard, enter information from the Nutrition Facts label and ingredients list into the Smart Snacks Calculator. Just go to <https://foodplanner.healthiergeneration.org/calculator> .

Smithville School District also follows the FDA (U.S. Food and Drug Administration) guidelines section 201(qq) lists to define the term and include what is considered "tree nuts and peanuts". All designated allergy-free rooms/spaces must adhere to these safety guidelines in addition to the Smart Snack standards.

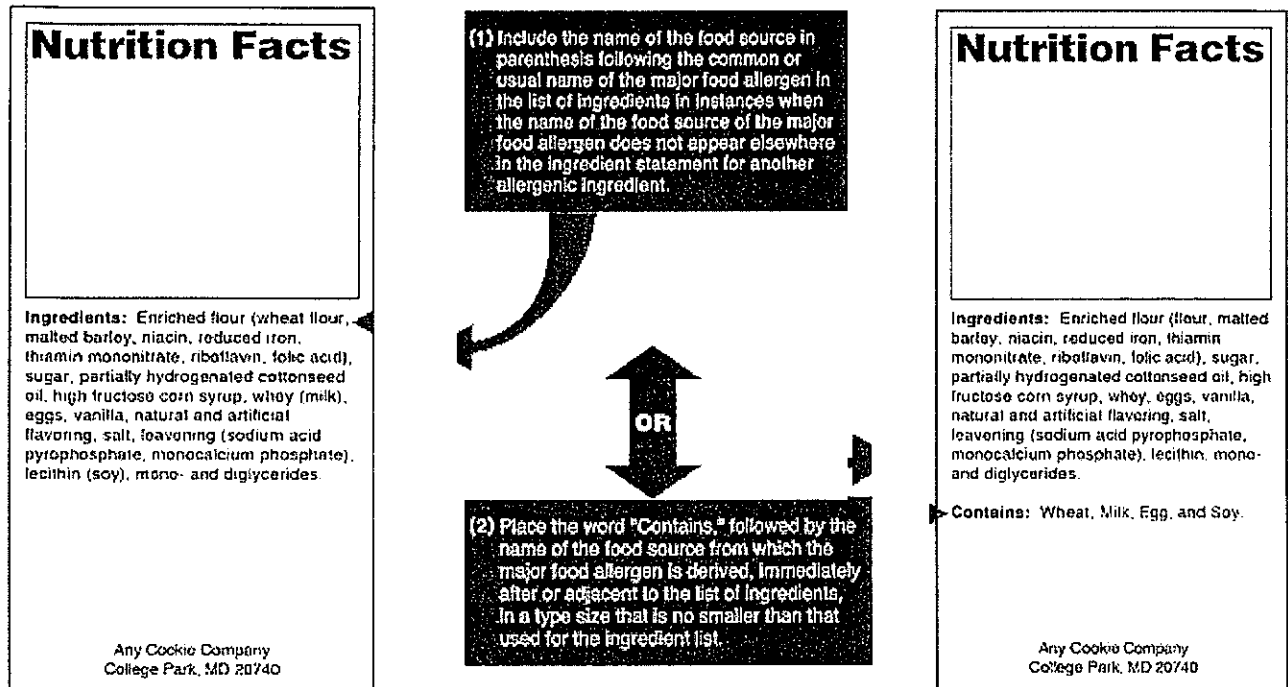
### **2. Food and beverage items brought into a designated "nut free" classroom or instructional area:**

- a. **Food items must be peanut and tree nut free (including coconut).**
- b. **Cannot be manufactured on equipment that processes products containing peanuts and/or tree nuts;**
- c. **Cannot be manufactured in a facility that processes products containing peanuts and/or tree;**
- d. **Must have the food label cross-checked by a member of the health room staff, the classroom teacher, or Parent Teacher Organization trained designee.**
- e. **To determine if a food or beverage meets the allergy free standards, read and interpret the food label on the snack to identify allergens for "allergy free" classrooms. The best form of prevention for life-threatening allergies is avoidance of the allergen.**

## Reading & Understanding the Food Label

PLEASE READ YOUR INGREDIENT LABELS if it contains allergens or has any other warning it will be listed under the ingredients or allergen information section.

Food Allergen Labeling and Consumer Protection Act (FALCPA) requires food manufacturers to label food products that are made with an ingredient that is a major food allergen in *one* of the following two ways:



Under FALCPA, a "major food allergen" is an ingredient that is one of the following eight foods or food groups or an ingredient that contains protein derived from one of them: milk, egg, fish, crustacean shellfish, **tree nuts**, wheat, **peanuts**, soybeans

Although more than 160 foods have been identified to cause food allergies in sensitive individuals, the "major food allergens" account for 90 percent of all food allergies. Allergens other than the major food allergens are not subject to FALCPA labeling requirements. Section 201(qq) of the FD&C Act defines the term "major food allergen" to include "tree nuts."

3. **OPAA! Food Services** does offer treats to be purchased for your child's birthday or special event that meet the Smart Snacks nutrition standards and follow district food allergy guidelines. Snacks must be ordered in advance and arrangements may be made for delivery to your child's classroom. For more information contact the OPAA staff or your building Administrative Assistant for OPAA contact information.

**Again, if snacks/treats do not meet the USDA Smart Snacks nutrition standard; are homemade; and/or for "nut free" rooms, are not approved, the food item(s) will not be allowed into the classroom.**



The following is a list of foods and beverages that meet the USDA Smart Snacks in School nutrition standards. This list is *not all inclusive*. Alternative items may be available from different vendors. Manufacturers' ingredients and distribution change frequently. To find out if a food or beverage not on the list meets the Smart Snacks standards, go to <https://foodplanner.healthiergeneration.org/calculator>.

**NOTE: This is NOT an allergen free approved food list.**

**Applesauce/Fruit cups/Fruit snacks**

Manufacturer	Name/Description	Serving Size
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup
All Brands	Dried Fruit w/ No Added Sugar	¼ cup
All Brands	Fresh Fruit & Vegetables-Individual bags or Platters	½ cup
Brother's	All Natural Fruit Crisps	1 bag
Buddy Fruits	100% Fruit Snack Squeeze Pouch-All Flavors	1 pouch (90g)
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2 oz.)
Chiquita	Fruit Chips 100% Fruit Freeze Dried-All Flavors	1 pouch (30g)
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75 oz.)
Del Monte	Fruit Cups No Sugar Added-All Flavors	1 cup (106g)
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)
Del Monte	Fruit Burst Pouch-All Flavors	1 Pouch (90g)
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)
Dole	Fruit Cups in 100% Juice-All Flavors	1 Container (113g)
Dole	Fruit Squish'ems	1 Pouch
Earthbound Farms	Organic Raisins	1 box (43g)
Great Value	All Natural No Sugar Added Applesauce – Individual cups	4oz unit (113g)
Great Value	Dried Apricots	7 pieces
Great Value	No Sugar Added Fruit Cups – Peaches	1 bowl (108 g)
Happy Squeeze	Fruit & Veggie TWIST Pouch – All Flavors	1 pouch (99g)
Kirkland	Real Sliced Fruit – Freeze Dried- Individual Bags	1 bag
Materne	Go Go Squeeze – All Flavors	1 pouch (90g)
Motts	Applesauce Snack & Go-All Flavors	1 pouch (90g)
O Organics	Raisins	1 box (1oz)
Peter Rabbit Organics	100% Pure Fruit Snacks Pouch – All flavors	1 pouch (4 oz)
Peter Rabbit Organics	100% Veg & Fruit Puree Pouch	1 pouch (4.4 oz)
Plum Kids	Organic Mashups- All Flavors	1 pouch (90g)
Plum Kids	Organic Slam Dunk- Fruit & Veggie Dip-All Flavors	1Pack (52g)
Sunmaid	Raisins	1 box (42.5g)
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)
Tree Top	All Flavor Pouches	1 pouch (26g)

### Chips/Chex Mix/Corn nuts/Popcorn

Manufacturer	Name/Description	Serving Size
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3cup)
Frito Lay	Baked! Cheetos – Regular and Flamin’ Hot	.875 oz.
Frito Lay	Reduced Fat Doritos – Cool Ranch, Nacho Cheese	1 oz.
General Mills	Chex Mix Snack Mix –Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82 oz.)
Jolly Time	Healthy Pop Butter 94% Fat Free – 100 Calorie Pack	1 package
Lays	Baked Potato Chips – BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1 oz
Quaker	Popped Rice Snacks – only Apple and Chocolate	1 oz

### Nuts/Seeds/Jerky

Manufacturer	Name/Description	Serving Size
Blue Diamond	Almonds Whole Natural – Grab & Go bags	1 bag (1 oz)
David	Original Sunflower Seeds	1 bag (1.75 oz.)
Emerald	100 Calorie Packs- Natural Almonds	1 bag (18g)
Planters	1oz Single Serve Salted Cashews	1 bag (1 oz)
Planters	1oz Single Serve Salted Peanuts	1 bag (1oz)
Wonderful	Pistachios	1 bag (1.5 oz.)

### Cookies/Crackers

Manufacturer	Name/Description	Serving Size
Kellogg’s	Special K Cracker Chips – Individual Bags	1 package
Kellogg’s	Rice Krispy Treat, Whole Grain	1.41 oz.
Nabisco	100 Calorie Packs-Mini Teddy Grahams	1 package (22g)
Nabisco	100 Calorie Packs – Sweet and Salty	1 package (22g)
Nabisco	100 Calorie Packs-Wheat Thins Toasted Chips	1 package (22g)
Nabisco	Honey Maid Grahamfuls –All flavors	1 pack (25g)
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)
Nabisco	Teddy Grahams 150 Calorie Pouches-Chocolate, Cinnamon, & Honey	1 pouch (35g)

### Drinks

Manufacturer	Name/Description	Serving Size
Campbell’s	V-8 Fusion – Individual pouches-All flavors	1 pouch
Capri Sun	100% Juice Pouches – All Flavors	1 pouch (6.75 fl.oz.)
Capri Sun	Fruit Waves – 100% Juice – All Flavors	1 pouch (6.75 fl. oz.)
Capri Sun	Fruit Waves – 100% Juice – Variety Pack	1 pouch (6.75 fl. oz.)
Capri Sun	Super V – Fruit & Vegetable Drink	1 pouch (6 oz.)
Juicy Juice	100% Juice – Berry, Grape, Punch, Strawberry Banana, White Grape	8 fl oz. or less
Juicy Juice	Fruitfuls – All Flavors	6.75 fl oz
Martinellis	100% Pure Apple Juice	8 fl oz or less

Minute Maid	100% Juice – Apple, Fruit Punch, Apple White, Grape,	8 fl oz. or less
Motts	100% Apple Juice	8 fl oz. or less
Ocean Spray	100% Juice – Grapefruit, Cranberry, Ruby Red Grapefruit,	8 fl oz. or less
Treetop	100% Apple Juice	8 fl oz. or less
Treetop	100% Juice Assorted	8 fl oz or less
All Brands	100% Juice (Product must state 100% juice)	8 fl oz. or less
All Brands	Milk 1%, Fat Free (Flavored milk MUST be Fat Free)	8 fl oz. or less
All Brands	Milk Alternative- Reduced Fat Enriched-Rice, Nut or Soy (Plain	8 fl oz. or less
Any	Pure Water, No Added Artificial sweetener and/or Caffeine	Any Size

## Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size
Buddy Fruits	100% Smoothie Squeeze Pouch – All Flavors	1 pouch (90g)
Chobani	Non-fat Yogurt – All Flavors	6 oz (170g)
Chobani	Low Fat Yogurt – All Flavors	6 oz (170g)
Chobani	Champions Tube-All Flavors	1 Tube
Cool Squeeze	Squeezable Yogurt	1 tube – 2.25 oz.
Dannon	Danimals- Yogurt Smoothies	1 bottle-3.1 fl. oz.
Dannon	Oikos- Fruit on the Bottom Non-fat	5.3oz (150g)
Dannon	Light & Fit	6 oz (170g)
Frigo	Light String Cheese	1 stick (28g)
Frigo	Light Variety String Cheese	1 stick
Great Value	Low-fat Yogurt –All Flavors	6 oz
Great Value	Light- Non-Fat Yogurt – All Flavors	6 oz
Health Valley	Fruit Yogurt Smoothie Pouch – Strawberry Banana, Pear Mango	1 pouch 4.2 oz
Jamba Juice	All Fruit and Fruit & Veggie Smoothies	8 oz.
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack cheese stick	1 stick (28g)
Kraft	Mozzarella Cheese String – 2% Milk	1 stick
LaLa	Yogurt Smoothies – Strawberry	1 bottle (7 oz.)
Liberte	Nonfat Greek yogurt-all flavors	5.3 oz
Lucerne	Reduced Fat Yogurt	8 oz. or less
Lucerne	Low-fat Yogurt Tubes – All Flavors	1 tube (64g)
Lucerne	Part-Skim Mozzarella String Cheese	1 stick
Lucerne	Light String Cheese	1stick
Lucerne	Reduced Fat 2% Sharp Cheddar Cheese Stick	1 stick
Plum Kids	Yogurt Mashups- All Flavors	1 pouch (90g)
Plum Kids	Organic Yo'Drops Crunchable Yogurt- All Flavors	1 pack (7g)
Precious	String Cheese	1 stick (28g)
Precious	Stringsters Reduced Fat String Cheese	1 stick
Sargento	String Cheese	1 stick
Sargento	Light String Cheese	1 stick
Sargento	Reduced Fat – Colby Jack, Cheddar, Sharp Cheddar	1 stick
Stoneyfield	YoKids Squeezers Organic Low-fat Yogurt- All Flavors	1 tube (56g)
Stoneyfield	YoKids – Low-fat Yogurt – All Flavors	1 container (4 oz.)
The Laughing Cow	Babybel Light	1 piece
The Laughing Cow	Cheese Wedges Light – All Flavors	1 wedge
Yoplait	Original Yogurt – All Flavors	6oz
Yoplait	Reduced Fat Yogurt – All Flavors	8 fl or less

Yoplait	GoGurt – Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	GoGurt Protein – Portable Low Fat Yogurt- All Flavors	1 tube (64g)
Yoplait	Simply GoGurt-Portable Low Fat Yogurt –All Flavors	1 tube (64 g)
Yoplait	Yoplait Kids Yogurt – All Flavors	1 container (113g)
Yoplait	Light Yogurt – All Flavors	6 oz
Yoplait	Greek 100 – All Flavors	5.3oz (150g)
Yoplait	Pro-Force Protein Yogurt For Kids – All Flavors	1 container (3.5 oz.)
Weight Watchers	String Cheese	1 stick

### Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size
Cascadian Farm	Organic Chewy Granola Bar-Fruit & Nut Bar	1 bar (35g)
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)
CLIF	LUNA fiber – All Flavors	1 bar (40g)
Funley's Delicious	Wholly Granolly Clusters, Double Chocolate Chip	1 pack (28g)
Great Value	Crunch Oats & Honey	2 bars (42g)
Kashi	Chewy Granola Bars – Honey Almond Flax, Trail Mix, Peanut Butter	1 bar (35g)
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)
Nature Valley	Crunch Granola Bar – Oats N Honey, Peanut Butter, Cinnamon	2 bars (42g)
Kellogg's	Nutrigrain Bar – All Flavors	1.55 oz.
Plum Kids	Organic Jammy Sammy- All Flavors	1 bar (29g)
Quaker	25% less Sugar Chewy Granola Bar- All Flavors	1 bar ( 24g)
Quaker	90 Calorie Chewy Granola Bar – All Flavors	1 bar (24g)
South Beach Diet	Protein Fit- Cinnamon Raisin, Peanut Butter	1 bar (35g)

### Ice Cream/ Frozen Novelties

Manufacturer	Name/Description	Serving Size
Blue Bunny	Sweet Freedom No Sugar Added Fudge Lites	1 bar (45 g)
Blue Bell	Fruit Bars-All flavors	1 Bar
Dryer's	No Sugar Added Fruit Bars-Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, and Raspberry	1 bar (51g)
Dryers	Outshine fruit bars and coconut water	1 bar
Fruittare	Fruit Bars-All flavors	1 bar
Fudgsicle	Fat Free-No sugar added	1 bar (65 g)
Fudgsicle	100 Calorie Bar	1 bar (65g)
Healthy Choice	Premium Fudge Bars	1 bar ( 3 oz)
Kona Ice	100% Juice	2 oz.
Simple Truth	Greek Yogurt Frozen Bars-All Flavors	1 bar
Skinny Cow	Ice Cream Sandwiches-all flavors	1 sandwich
Skinny Cow	Cones-All flavors	1 cone
Skinny Cow	Bars-all flavors-caramel, cookies & cream, fudge, chocolate	1 bar
Swiss Miss	Fudge Bars – 97% Fat Free	1 bar ( 3oz)
TCBY	Frozen Yogurt On The Go – All Flavors	1 pouch (60g)
Weight Watchers	Fudge bars-Giant latte	1 bar
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1 oz)

## Let us Have a Party!

Celebrating a birthday is important to a child, especially at school. OPAA! Food Management would like to provide you with fun, prepared treats and delivered to your child's classroom.

These treats will be bagged so that your child may pass them out to their classroom during Birthday Treat time.

You may call Jackie Remboldt at 532-4566 or by e-mail at [remboldj@Smithville.k12.mo.us](mailto:remboldj@Smithville.k12.mo.us), or fill out this form and return it to school 2 weeks prior to your child's birthday or your child's half birthday if they have summer birthday.

Let us "MAKE YOUR DAY" and leave you with the fun and enjoyment of celebrating your child's special day.

All Ice Cream treats are within the Wellness Program in place in our school district and complies with our Peanut free environment.

Price is \$.75 per student. We will contact the teacher the morning of the treats and get a count of how many students are present that day and charge your child's account accordingly.

Student's Name: \_\_\_\_\_ Teachers Name: \_\_\_\_\_

Date of party: \_\_\_\_\_ Lunch ID if known: \_\_\_\_\_

\_\_\_\_\_ : Fudge Bar

\_\_\_\_\_ : Cookie & cream

\_\_\_\_\_ : Ice cream sandwich

Please be sure there is money in the student's account so the day of the party the Lunch account does not go into the negative.

Thank You!

Jackie Remboldt

