



UNITARIAN MONTESSORI SCHOOL

WHERE CHILDREN COME FIRST

GUIDELINES FOR CHOOSING FRUIT/VEGETABLE SNACKS FOR CLASS:

1st Choice – Organic Fruits or Vegetables

Only organic fruits and vegetables are always pesticide-free and without genetic modification. (Keep in mind, if you bring something difficult to cut/eat, please bring it pre-cut.)

Suggestions (let's provide our kids with a great variety!): apples, pears, peaches, grapes, pineapple, snap peas, red bell peppers, cucumbers, carrot sticks, celery, strawberries, blueberries, bananas, papaya, mango, grape tomatoes, melon, kiwi, etc.

(You may consider bringing organic hummus or another organic dip with your veggies.)

2nd Choice – Fruits or Vegetables on the "Clean 15" List

These have the lowest pesticide levels.

Suggestions from "Clean 15" - Cantaloupe, Kiwi, Mango, Papaya, Pineapple

3rd Choice – Any fruit or vegetable that is NOT on the "Dirty Dozen" List

The fruits/veggies below have the highest pesticide levels and should be avoided.

Please do not bring these UNLESS they are organic: Apples, Celery, Cherry Tomatoes, Cucumbers, Grapes, Peaches, Strawberries, Red Bell Pepper.

(You can find a summary of the Environmental Working Group's "Dirty Dozen" and "Clean 15" Fruits and Vegetables here: <http://www.ewg.org/foodnews/summary.php>)

GUIDELINES FOR GRAIN SNACKS

These snacks can be crackers, pretzels, other grains, or cheese.

GRAINS 1st Choice – Organic

Organic products must be made free of harmful food additives, preservatives, artificial colors, and genetically modified ingredients.

GRAINS 2nd Choice – Food Only/No Chemicals

Look for products that are all-natural, with no added sugar. How to find them? These products will have the shortest ingredient list, preferably four or fewer, and you will recognize all, or almost all, the ingredients.

Trader Joe's is the easiest place to find well-priced, whole-food items like crackers and pretzels.

GUIDELINES FOR DAIRY SNACK

DAIRY 1st Choice – Organic

Organic dairy must be free of hormones and come from animals raised chemical-free.

DAIRY 2nd Choice – “RBST-free” or “RBHT-Free.”

If you look at many dairy products these days, including the “Cabot” line of cheeses available in most grocery stores, they will have this on the label. It simply means the cows were not given growth hormones, which negatively impact our kids' endocrine systems.