

## **SNACK CALENDAR GUIDELINES FOR CHOOSING FRUIT/VEGETABLE SNACKS FOR CLASS:**

### 1<sup>st</sup> 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: apples, pears, peaches, grapes, pineapple, snap peas, red bell pepper, cucumber, 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).*

### 2<sup>nd</sup> Choice – Fruits or Vegetables on the “Clean 15” List

These have the lowest pesticide levels.

*Suggestions from “Clean 15” - Cantaloupe, Kiwi, Mango, Papaya, Pineapple*

### 3<sup>rd</sup> 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 for the classroom use 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 1<sup>st</sup> Choice – Organic

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

### GRAINS 2<sup>nd</sup> Choice – Food Only/No Chemicals

Look for products that are all food and no chemicals, without added sugar. How to find them? These products will have the shortest ingredients list, preferably four or less, and you will recognize all, or almost all the ingredients.

## **GUIDELINES FOR DAIRY SNACK**

### DAIRY 1<sup>st</sup> Choice – Organic

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

### DAIRY 2<sup>nd</sup> 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.