

TECUMSEH PUBLIC SCHOOLS

SCHOOL WELLNESS POLICY

Reviewed Jun 2018 –No new updates

Revised June 2017

Reviewed June 2016

Revised June 2015

SCHOOL WELLNESS POLICY

Purpose:

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns. Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school. Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

Therefore, the District establishes the following policy to promote the health and wellness of students and staff and to ensure its schools comply with those standards established by federal and state law. Specifically, this policy requires all schools in the District to:

- Allow parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to participate in the development, implementation, review, and update of the school wellness policy.
- Establish nutrition guidelines that meet or exceed the United States Department of Agriculture's (USDA) school meal requirements and the nutrition standards for competitive foods and beverages.
- Create goals for nutrition promotion and education, physical activity and physical education, and other activities that promote student as well as staff health.
- Adopt a plan to ensure the policy is properly implemented, regularly assessed, and periodically updated.
- The District will ensure that all meals are based on a meal plan provided by professional resources (such as the State Department of Education, the USDA, the Alliance for a Healthier Generation, or the Lunch Box).
- The District will ensure the schools encourage students to start the day with a healthy breakfast and they will inform families about the availability of breakfast for students.
- The District will send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.
- The District will provide parents and teachers with a list of ideas for healthy food.

Definitions

- **School campus** - All areas of the property under the jurisdiction of the school that are accessible to students during the school day.
- **School day** - The period of time from the midnight before to 30 minutes after the end of the instructional day.
- **Competitive foods and beverage** - Foods and beverages that are sold on campus outside of the federal reimbursable school meals program during the school day (e.g., in vending machines or school stores).
- **Smart Snacks standards** - Nutrition standards, issued by the USDA, that set limits on the amount of calories, salt, sugar, and fat in competitive foods and beverages.

NUTRITION

School Meal Requirements

The District will make nutritious foods available on campus during the school day to promote student and staff health. At a minimum, the District Child Nutrition Program will serve reimbursable meals that meet the United States Department of Agriculture's (USDA) requirements and follow the Dietary Guidelines for Americans (DGA).

Specifically, the District will ensure that all meals are the following:

- Accessible, appealing, and attractive to all children
 - Served in a clean, pleasant, and supervised setting
 - Respectful of cultural diversity (e.g., students will be encouraged to suggest local, cultural, and favorite ethnic foods) and religious preferences
 - A nutrient analysis of school meals offered to students will be made available upon request.
 - The District participates in the Farm to School Program or purchases locally grown food for use in the Child Nutrition Program when it is available.
 - Safe unflavored cool drinking water will be provided throughout the school day at no cost to students.
- Students will be allowed to bring drinking water from home and take water into the classroom, provided that the water is in a capped container, such as a plastic bottle, to prevent spills.

Information and Promotion: As required under the National School Lunch Program (7

CFR 210.12), the District will promote activities to involve students and parents in the School Lunch Program. In addition, the District will do the following:

- Inform families about the availability of breakfasts for students.
- Send applications for reimbursable meal programs to families at the beginning of the school year and make applications available on the District website.
- School staff will support and encourage student participation in the USDA school meals programs.
- Training and support is provided to food service personnel on safe food preparation and nutrition standards for preparing healthy meals.
- The District will follow the USDA's Professional Standards for State and Local Nutrition Programs. Also, the District will require all personnel in the school nutrition programs to complete annual continuing education and training.
- **Adequate Time to Eat:** The District will allow students at least 15 minutes to eat breakfast and 20 minutes to eat lunch from the time they are seated.

Competitive Foods and Beverages

All competitive foods and beverages sold to students during the school day must meet or exceed the *USDA's Smart Snacks standards*.¹

- High energy drinks with elevated levels of caffeine will not be available for sale anywhere on school campus.
- Fundraisers that occur on campus during the school day will encourage healthy eating.
- Tecumseh Schools has a policy on the limitations and requirements of fundraising activities involving food items on the school campus.
- Tecumseh Schools will encourage healthy choices for class parties and celebrations. A list of ideas will be provided for those choices.

NUTRITION EDUCATION

Minimum Policy Statements:

- Per USDA Regulations §210.12 and §227, nutrition education is offered in the school cafeteria as well as the classroom.

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding health education, nutrition, and health services.

Additional Policy Statements:

- Nutrition education is integrated into the core curriculum, including math, science, and language arts. The District will allow school gardens and allows for the dedication of resources (land, water, container, raised beds, etc.) for school gardens.
- Students, parents, and the school staff will participate in an annual school wide enrollment offering health information and services.
- Family/parent nutrition education opportunities will be provided.
- School-based marketing should be consistent with nutrition education and health promotion. School-based marketing of brands promoting predominantly low nutrition foods and beverages is prohibited.
- The District will implement Health Education Curriculum for all grade levels that follow the Oklahoma Academic Standards for Health/Safety Education (PASS Standards for Health/Safety) or National Health Education Standards
- The District will adopt the Coordinated School Health Framework that is recommended by the Centers for Disease Control and Prevention (CDC) for planning and coordinating school health activities. This model will help created a school environment that conveys consistent messages and is conducive to healthy eating, physical activity, and wellness for all staff, students and their families.
- Nutritional education and healthy eating behaviors are promoted through the use of multiple channels including: classroom, cafeteria, and communications with parents.

PHYSICAL ACTIVITY

Minimum Policy Statements:

- Per Oklahoma Senate Bill 1627, the Healthy and Fit School Advisory Committee at each school site will study and make recommendations regarding physical education and physical activity.
- Per Oklahoma Senate Bill 312 (effective school year 2006-2007), students in Grades K through 5 will participate in 60 minutes of physical activity each week.

Additional Policy Statements:

- Students will participate in an annual health-related fitness test (e.g., Fitness Gram, President's Challenge to Physical Fitness, etc.).
- The District will ensure that all students participate in a minimum of 60 minutes of physical activity each day, whether through physical education, exercise programs, after-school athletics, fitness breaks, recess classroom activities, or wellness and nutrition education.
- During Physical Education class students are moderately to vigorously active more than 50% of time. It will not be the practice of the school district for physical activity opportunities to be withheld from students or used as punishment (does not pertain to athletic programs).
- Schools will allow teachers the opportunity to participate in or lead physical activities throughout the school day.
- The District will ensure that PE classes and equipment afford all students an equal opportunity to participate in PE.
- Only medical waivers/exemptions from participation in physical education will be allowed.
- Active transportation to and from school will be encouraged by assessing safest routes for students to walk or bike to school by installing bike racks at school buildings. Schools will recognize and/or incorporate walking or biking to school in connection with National Walk to School Day and National Bike to School Day.
- School sites will establish or enhance physical activity opportunities for students, staff, and parents (fitness challenges, family fitness nights, fun walks and runs, bike events, etc.). Integration of physical activity into academic curriculum through classroom movement breaks and other activities will be encouraged to promote movement (brain breaks, JAM School Program, motor movement activities, etc.).

- Elementary school sites will provide 20 minutes of daily recess that promotes physical activity beyond what is provided through physical education classes.
- School sites will provide adequate equipment (e.g., balls, rackets, and other manipulatives) for every student to be active.

SCHOOL-BASED ACTIVITIES

Minimum Policy Statements:

- Per Oklahoma Senate Bill 1627, each school site will establish a Healthy and Fit School Advisory Committee that meets and makes recommendations to the school principal. The school principal shall give consideration to recommendations made by the Healthy and Fit School Advisory Committee.
- Per the school district's Child Nutrition Programs Agreement, school meals (food/beverages/candy) may not be used as a reward or punishment of academic performance or student behavior.
- Per USDA Regulations §210.12 and §227, students and parents will be involved in the NSLP. Parent and student involvement will include menu-planning suggestions, cafeteria enhancement, program promotion, and other related student-community support activities.
 - Students will be involved in planning for a healthy school environment. Students will be asked for input and feedback through the use of student surveys, student committees, and school clubs.
 - District policy allows Shared Use Agreement opening school grounds and/or buildings to students, their families and the community for access to physical activity outside the school day.
 - District will make available proper equipment and facilities that meet safety standards. All playgrounds will meet the recommended safety standards for design, installation, and maintenance (including but not limited to playground equipment, physical activity equipment, and athletic or fitness facilities, etc.).
 - The District will provide opportunities for participation in broad range of competitive and noncompetitive physical activities for students of all abilities that help to develop the skills needed to participate in lifetime physical activities.
 - Tecumseh Public Schools maintains a 24/7 tobacco-free policy. Specific Elements of the Tobacco-free Policy can see reviewed in its entirety. The prohibition of tobacco products and Vapor products applies to employees,

students, visitors, and any other person on school property. Prohibition also applies to all off-campus school sponsored or school-sanctioned functions and school vehicles at all times. This prohibition also applies to all personal vehicles while on school property.

Implementation, Monitoring and Evaluation

The superintendent or designee will ensure compliance with established district-wide school wellness policy. In each school the principal or designee will ensure compliance within their respective site and will report on the school's compliance to the superintendent or designee.

School food service staff at the sites and district level will ensure compliance with nutrition policies within school food service areas and will report on this matter to the superintendent or designee (or if done at the site level to the principal).

Community Involvement

The District will permit parents, students, representatives of the school food authority, physical education teachers, school health professionals, the school board, school administrators, and the general public to serve on the local school wellness policy committee and participate in the development, implementation, review, and update of the local school wellness policy. To encourage broad public participation in the process, the District will do the following:

- Actively notify parents and the broader community about the content and implementation of as well as any changes to the wellness policy, whether through electronic communications (e.g., email, District website, etc.), non-electronic means (e.g., mailings, presentations, etc.), or both.
- Ensure that all outreach and communication is culturally appropriate and translated as needed.
- Educate community stakeholders on how they can participate in the development, implementation, review, and update of the wellness policy and let them know why their participation is important to the health and wellness of students and the broader community.

Assessments, Revisions, and Policy Updates

At least once every three years, the District will measure the extent to which schools are in compliance with the local wellness policy, as well as progress made in attaining the

policy's goals. Additionally:

- Parents, students, physical education teachers, school health professionals, the school board, school administrators, and the general public will be allowed to participate in the development, implementation, and periodic review and update of the local wellness policy.
- The District will assess how its policy compares with the latest national recommendations on school health, and will update the policy accordingly.
- The District will inform and update the public about the content and implementation of the local wellness policy (via the District's website, handouts, newsletters sent directly to families' homes, etc.).

The superintendent or designee will report annually on the district-wide compliance for the wellness policy based on input from the sites within the district. That report will be provided to the school board and also distributed to those who would have a need to know and the Wellness Policy will be made available to the public through the school website at tecumsehschools.org and it will be made available at our annual Districtwide Health Fair and Enrollment event.

This School Wellness Policy was adopted by the Tecumseh Board of Education at the regularly scheduled meeting on this, the _____ day of _____ in the year 2017.

Signature

Food Service Official

Clerk of the Board

Healthy Snack & Beverage Ideas*

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit – trays, salads or kabobs
- Fresh vegetables – trays, salads or kabobs
- Fat-free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frosty fruits – freeze your own fruit (frozen grapes make a great summer treat!)
- Dried fruit with no added sugar
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers
- Low-fat cheese (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Small whole grain waffles or pancakes topped with fruit or nut or seed butter
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers
- Nut or seed butter and jelly sandwiches on whole grain bread
- Small whole grain bagels or English muffins with nut or seed butter or jelly
- Pizza (on whole grain crust with low fat cheese and lean protein or vegetable toppings)
- Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Fat-free or low fat pudding
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Whole grain cereal bars
- Baked whole grain tortilla chips with salsa or bean dip
- Baked chips (small portions)

*Check nutrition information to ensure items meet the USDA's nutrition standards for all foods sold in school. Ensure food allergies of any students are known before serving any foods or beverages.

Pair foods together for an afternoon snack to power youth up for their activities, whether that is physical activity or educational activities. Combine a lean protein with a fruit or vegetable, such as sunflower seeds dried raisins. Or a low-fat dairy food and whole-grain rich choice, like string cheese and whole grain crackers. Try low-fat dairy and fruit – yogurt and strawberries. Pair a whole-grain rich food with a lean protein by spreading hummus on a whole grain tortilla. Or serve a whole-grain rich food and vegetable, such as a whole grain cereal bar and cherry tomatoes. Get creative! For more information on healthy snacking or finding products that meet the USDA nutrition standards, contact Jill Turley, National Nutrition Advisor at the Alliance for a Healthier Generation, at jill.turley@healthiergeneration.org.

Let's Go! Packaged Snack List for School Nutrition Programs and Wellness Policy Teams

Are you trying to decide which packaged snacks should be sold a la carte, in school stores or in vending machines? How do you know which ones to choose? The following list of packaged snacks meets strict nutritional criteria as set forth by the USDA's HealthierUS School Challenge (HUSC). This list is not exhaustive; other foods can be assessed using the HUSC competitive food calculator found here: <http://healthymeals.nal.usda.gov/hsmrs/HUSC/calculator.html>.

For more details about the HealthierUS School Challenge, please visit <http://www.fns.usda.gov/tn/healthierus/index.html>. For more information on Let's Go!, visit www.letsgo.org.

Each item meets the following criteria:

Total fat ≤ 35% of calories per serving, excludes nuts, seeds, nut butters, reduced fat cheese

Trans fat ≤ 0.5 grams per serving (trans fat free)

Saturated fat < 10% of calories per serving, excludes reduced fat cheese

Sugar ≤ 35% by weight of total sugars, excludes fruits, vegetables, milk

Sodium ≤ 480 mg per serving

Calories ≤ 200 calories

Snack	Manufacturer	Size	Snack	Manufacturer	Size
•Bunny Grahams (Chocolate Chip)	Annie's Homegrown	1 oz (28g)	•Snack Pack Fat Free Pudding (Vanilla)	ConAgra	3.5 oz (99g)
•Bunny Grahams (Honey)	Annie's Homegrown	1 oz (28g)	•Snack Pack Fat Free Pudding (Chocolate)	ConAgra	3.5 oz (99g)
•Power Snacks Raisins	Azar Nut Co.	1 oz (28.35g)	•Sunflower (Honey Roasted)	Dakota Gourmet	1 oz (28.4g)
•Animal Crackers	Basil's Bavarian Bakery	1 oz (28g)	•Sunflower (Lightly Salted)	Dakota Gourmet	1 oz (28.4g)
•Raisins	Boghosian	1.5 oz (42g)	•Skinny Cow (Low Fat Fudge Bar)	Dreyer's	74g
•YoCrunch Yogurt (Oreo Cookies n' Cream)	Breyers	6oz (170g)	•Baked Cheetos	Frito-Lay	7/8 oz (24.8g)
•YoCrunch Yogurt (Raspberry)	Breyers	6 oz (170g)	•Baked Lay's (Barbecue)	Frito-Lay	7/8 oz (24.8g)
•YoCrunch Yogurt (Strawberry)	Breyers	7 oz (170g)	•Baked Lay's (Barbecue)	Frito-Lay	1 1/18 oz (31.8g)
•Yogurt (Strawberry)	Chobani	6 oz	•Baked Lay's (Sour Cream & Onion)	Frito-Lay	1 1/8 oz (31.8g)
•Yogurt (Blueberry)	Chobani	6 oz	•Baked Lay's (Sour Cream & Onion)	Frito-Lay	1 3/8 oz (38.9g)
•Yogurt (Peach)	Chobani	6 oz	•Baked Lay's (Southwestern Ranch)	Frito-Lay	1 oz (28.3g)
•ZBAR (Chocolate Chip)	CLIF	1.27 oz (36g)	•Baked Ruffles	Frito-Lay	1 1/8 oz (31.8g)
•ZBAR (Chocolate Brownie)	CLIF	1.27 oz (36g)	•Baked Ruffles (Cheddar & Sour Cream)	Frito-Lay	1 1/8 oz (31.8g)
•Minute Maid Juice Bar (Grape)	Coca-Cola	2.25 fl oz (66.54g)	•Doritos (Spicy Sweet Chili Reduced Fat)	Frito-Lay	1 oz (28.3g)

Continued on next page...

Snack	Manufacturer	Size	Snack	Manufacturer	Size
•Baked Lay's Doritos	Frito-Lay	3/4 oz (21.2g)	•Team Cheerios Cereal Bar (Strawberry)	General Mills	1.3 oz (37g)
•Lay's Baked Doritos (Nacho Cheese)	Frito-Lay	1 3/8 oz (38.9g)	•Total Cereal (Bowl)	General Mills	13/16 oz (23g)
•Baked Lay's Potato Chips	Frito-Lay	1 1/8 oz (31.8g)	•Trix (Bowl)	General Mills	3/4 oz (21g)
•Lay's Potato Chips (Original Fat Free)	Frito-Lay	1 oz (28.3g)	•Trix (Reduced Sugar) (Bowl)	General Mills	3/4 oz (21g)
•Rold Gold Tiny Twists Pretzels	Frito-Lay	1 oz (28.3 g)	•Trix Cereal Bar	General Mills	1.3 oz (37g)
•Rold Gold Tiny Twists Pretzels	Frito-Lay	.5 oz (14.1g)	•Soy Crisp (Apple Cinnamon)	Glenn Foods	1.3 oz (37g)
•Cheerios (Bowl)	General Mills	1 1/16 oz (19g)	•Mega Fudge-O Bar	Hershey	4 fl oz (35g)
•Cheerios (Honey Nut, Bowl)	General Mills	1 oz (28g)	•Sherbert (Raspberry)	Hershey	4 fl oz (95.77g)
•Cinnamon Toast Crunch (Reduced Sugar)	General Mills	1 oz (28g)	•Fudge Bar	Hood	(91g)
•Cinnamon Toast Crunch Cereal (Bowl)	General Mills	1 oz (28g)	•Ice Cream Cup (Orange Ice)	Hood	(86g)
•Cocoa Puffs Cereal	General Mills	7/8 oz (24g)	•Ice Cream Cup (Orange Sherbet)	Hood	(90g)
•Cocoa Puffs Cereal (Reduced Sugar) (Bowl)	General Mills	7/8 oz (24g)	•Ice Cream Cup (Raspberry Nonfat Frozen Yogurt)	Hood	(73g)
•Fruit By The Foot (Color By the Foot Triple Fruit Punch)	General Mills	.75 oz (21g)	•Ice Cream Cup (Raspberry Sherbet)	Hood	(90g)
•Golden Grahams Cereal (bowl)	General Mills	1 oz (28g)	•Crisp Rice Cereal (bowl)	Hospitality	3/4 oz (21g)
•Kix Berry Berry (Bowl)	General Mills	7/8 oz(24g)	•Luigi's Real Italian Ice (Lemon)	J&J Snack Foods	4 fl oz (118mL)
•Kix Cereal (Bowl)	General Mills	5/8 oz (17g)	•Luigi's Real Italian Ice (Strawberry)	J&J Snack Foods	4 fl oz (118mL)
•Nature Valley Crunchy Granola Bar (Oats 'N Honey)	General Mills	1.5 oz (42g)	•Heart to Heart (Box)	Kashi	1.4 oz (40g)
•Nature Valley Granola Bar (Oats 'n Honey)	General Mills	1.5 oz (42g)	•TLC Bar (Cherry Dark Chocolate)	Kashi	1.2 oz (35g)
•Nature Valley Granola Bar (Apple Crisp)	General Mills	1.5 oz (42.g)	•TLC Fruit & Grain (Dark Chocolate Coconut)	Kashi	1.1 oz
•Nature Valley Granola Bar (Apple Crisp)	General Mills	1.5 oz (42.g)	•Apple Jacks (Reduced Sugar)	Kellogg	.7 oz (20g)
			•Austin Zoo Animal Crackers	Kellogg	1 oz (28g)

Snack	Manufacturer	Size	Snack	Manufacturer	Size
•Cheez-it Baked Snack Crackers (Reduced Fat)	Kellogg	1.5 oz (42g)	•Special K Bar (Honey Nut)	Kellogg	.77 oz (22g)
•Corn Flakes (Box)	Kellogg	.81 oz (23g)	•Cream Bar (Orange)	Kemps	3 fl. oz (66g)
•Froot Loops (Reduced Sugar)	Kellogg	.67 oz (19g)	•Nonfat Frozen Yogurt (Chocolate)	Kemps	4 fl oz (113.4g)
•Frosted Flakes (Reduced Sugar)	Kellogg	1 oz (28g)	•Crispy Rice (Bowl)	Malt-O-Meal	.63 oz (17.7g)
•Frosted Mini-Wheats	Kellogg	1 oz (28g)	•Toasty O's	Malt-O-Meal	1 1/16 oz (19.5g)
•Frosted Mini-Wheats (Box)	Kellogg	1.31 oz (37g)	•Cheese Nips (100 Calorie Packs)	Nabisco	.74 oz (21g)
•Frosted Mini-Wheats Little Bites (Chocolate)	Kellogg	1 oz (28g)	•Chips Ahoy Thin Crisps (100 Calorie Pack)	Nabisco	.81 oz (23g)
•Keebler Scooby-Doo! Graham Cracker Sticks (Cinnamon)	Kellogg	1 oz (28g)	•Honey Maid Grahams (Cinnamon Sticks)	Nabisco	1 oz (28g)
•Nutri-Grain Cereal Bar (Apple Cinnamon)	Kellogg	1.3 oz (37g)	•Newton's Fruit Crisp (Mixed Berry)	Nabisco	1 oz (28g)
•Nutri-Grain Cereal Bar (Blueberry)	Kellogg	1.3 oz (37g)	•Oreo Thin Crisps (100 calorie pack)	Nabisco	.81 oz (23g)
•NutriGrain Cereal Bar (Raspberry)	Kellogg	1.3 oz (37g)	•Wheat Thins Toasted Chips Minis (100 Calorie Pack)	Nabisco	.77 oz (22g)
•Nutri-Grain Cereal Bar (Strawberry)	Kellogg	1.31 oz (37g)	•EnviroKidz Crispy Rice (Peanut ChocoDrizzle)	Nature's Path Foods	1 oz (28g)
•Nutri-Grain Cereal Bar (Yogurt Strawberry)	Kellogg	1.3 oz (37g)	•Flintstones Push Up Sherbet Treats	Nestle	2.75 fl oz (54g)
•Pop-Tarts (Frosted Strawberry)	Kellogg	1.76 oz (50g)	•Goldfish Baked Snack Crackers (Cheddar)	Pepperidge Farm	1 oz (28g)
•Raisin Bran (Box)	Kellogg	.88 oz (25g)	•Goldfish Giant Grahams	Pepperidge Farm	.9 oz (26g)
•Rice Krispies (Box)	Kellogg	1.52 oz (43g)	•Breakfast Cookie (Oatmeal Raisin)	Quaker Oats	1.69 oz (48g)
•Rice Krispies Treats	Kellogg	1.7 oz (48g)	•Cereal Bar (Apple Crisp)	Quaker Oats	1.3 oz (37g)
•Rice Krispies Treats	Kellogg	1.3 oz (37g)	•Chewy Granola Bar (Low Fat Chocolate Chunk)	Quaker Oats	.84oz (24g)
•Special K (Box)	Kellogg	.81 oz (23g)	•Chewy Granola Bar (Oatmeal Raisin)	Quaker Oats	.84 oz (24g)

Continued on next page...

Snack	Manufacturer	Size	Snack	Manufacturer	Size
• Chewy Granola Bar (Peanut Butter Chocolate Chip)	Quaker Oats	.84 oz (24g)	• Pita Chips (Parmesan Garlic & Herb)	Stacy's	1 3/8 oz (38.9 g)
• Chewy Granola Bar (S-Mores)	Quaker Oats	.84 oz (24g)	• Pita Chips (Simply Naked)	Stacy's	1 3/8 oz (38.9 g)
• Instant Oatmeal (Original)	Quaker Oats	.98 oz (28g)	• Soy Thin Chips (Sweet BBQ)	Stacy's	1.5 oz
• Quaker Express Oatmeal (Golden Brown Sugar)	Quaker Oats	1.9 oz (54g)	• Whales Baked Snack Crackers	Stauffer	.75 oz (21g)
• Quaker Instant Oatmeal (Cinnamon & Spice)	Quaker Oats	1.62 oz (46g)	• Low Fat Yogurt (Blueberry)	Stonyfield Farm	6 oz (170g)
• Quaker Instant Oatmeal (Maple & Brown Sugar)	Quaker Oats	1.51 oz (43g)	• Low Fat Yogurt (Strawberry)	Stonyfield Farm	6 oz (170g)
• Quaker Oatmeal Express (Cinnamon Roll)	Quaker Oats	1.9 oz (54g)	• YoKids Squeezers Organic Lowfat Yogurt (Strawberry)	Stonyfield Farm	2 oz (57g)
• Quakes Rice Snacks (Caramel Corn)	Quaker Oats	.91 oz (26g)	• Fruit in a Flash Apple Slices	Sun Rich Fresh	2 oz (57g)
• Snack Mix (Kids Mix)	Quaker Oats	7/8 oz (24.8g)	• House Recipe Instant Oatmeal (Regular)	Sysco	(56g)
• Pirate's Booty (Aged White Cheddar)	Robert's American Gourmet	1 oz (28g)	• Creamside (Orange 'n Cream)	Unilever	2.7 fl oz (70g)
• Cascadian Farm Chewy Granola Bar (Chocolate Chip)	Small Planet Foods	1.2 oz (35g)	• Yogurt (Raspberry)	Upstate Farms	4 oz (113g)
• Honey Wheat Sticks	Snyder's of Hanover	2.25 oz (63.8g)	• Yogurt (Strawberry/Banana)	Upstate Farms	4 oz (113g)
• Mini Pretzels	Snyder's of Hanover	1.5 oz (42.5g)	• Trix Lowfat Yogurt (Strawberry Banana Bash)	Yoplait	4 oz (113g)
• Pita Chips (Cinnamon Sugar)	Stacy's	1 3/8 oz (38.9g)	• Yoplait (Light Strawberry)	Yoplait	6 oz (170g)
			• Yoplait Light (Harvest Peach)	Yoplait	6oz (170g)

Please note: This list is not reviewed or approved by USDA; products on this list are not approved or endorsed by the USDA and all products may not meet the Gold Award of Distinction criteria.