



Action for Healthy Kids™  
of Alabama

# GUIDE TO HEALTHY school stores



## **SCHOOL STORES & CANTEENS SHOULD SUPPORT CLASSROOM LESSONS**

School stores and canteens should support a healthy school environment. Items that students purchase should contribute valuable nutrients to their diet and not excessive amounts of components such as sugar, fat and sodium. Students are taught about good nutrition and the value of healthy food choices in classrooms. It only makes sense that school stores demonstrate this with healthy choices. Unhealthy choices in school stores send the message that schools care more about making money than student health.

## **OBESITY RATES ARE SKY-ROCKETING**

Obesity rates among children and adolescents are sky-rocketing. Rates have doubled among children and tripled among teens since 1990. Two pilot studies in Alabama schools in different regions found 17% of youth at risk for overweight and 27% already overweight. The health consequences of this are serious: more youth are becoming diabetic, more have elevated blood pressure and more suffer the psycho-social effects of being overweight.

Overweight is caused by a combination of too many calories from foods and beverages and too little physical activity. With physical activity programs declining in schools, it is even more important to provide students with nutritious beverages and snacks in school stores and canteens. You will find recommended items listed on back.

**These recommended beverages and snacks meet the criteria developed by the Alabama Action for Healthy Kids. Read food labels to find other beverages and snacks that meet these guidelines and would be good choices for school stores.**

## RECOMMENDED BEVERAGES

**Water, non-carbonated calorie-free flavored water, sports drinks, 1% fat or skim milk.**

### Examples:

- ▶ Bottled water – all brands
- ▶ Fruit 2O, Fruit 2O Plus
- ▶ Gatorade (12oz)
- ▶ Powerade (12oz)
- ▶ Propel
- ▶ 1% fat or skim milk: white and flavored
- ▶ Low fat yogurt beverages

**Juices that are 100% fruit juice (12 oz or less servings).**

### Examples:

- ▶ Minute Maid Juices to Go - orange, orange blend, apple, white grapefruit
- ▶ Minute Maid Juice Boxes - all varieties
- ▶ Mott's Juice: apple, orange
- ▶ Treetop Juice: apple, grape
- ▶ Dole Juices - pineapple, orange, orange strawberry banana, pine-orange banana
- ▶ Juicy Juice: all varieties
- ▶ Tropicanna juice - orange, apple, grape, orange pineapple
- ▶ Welch's Grape Juice
- ▶ Very Fine 100% Juices - apple, orange, grape, grapefruit
- ▶ V8 Juice

## RECOMMENDED SNACKS

In 1 to 1 1/2 ounce servings (28 to 42 grams), these crackers, cookies, chips and bars have less than 10% of the daily value for fat, less than 30 grams of carbohydrate, and less than 360 mg of sodium. They also have at least 6% of the recommended daily value for fiber, calcium, iron, vitamin A or vitamin C.

### ▶ CRACKERS AND COOKIES (approx. 1 ounce servings).

- Graham Crackers, regular and low fat - most brands
- Kellogg's Rice Krispies Treats - Original
- Kelloggs, Nabisco, and Stauffer's animal crackers
- Nabisco Fig Newtons - reduced fat and regular
- Nabisco Reduced Fat Cheese Nips
- Nabisco Teddy Grahams

### ▶ Chips, Pretzels (approx. 1 oz servings)

- Frito Lay – Baked Doritos - Cooler Ranch, Nacho Cheesier
- Frito Lay Baked Ruffles Potato Crisps - all varieties
- Frito Lay Baked Lays Potato Crisps - all varieties
- Quaker Crisp'ums Baked Crisps
- Rolled Gold Honey Braid Pretzel Twists
- Snyder's Pretzels - Sour Dough

### ▶ Breakfast Bars and Cereal Mixes (Approx. 1 oz servings)

- General Mills Chex Morning Mix
- General Mills Milk'n Cereal Bars - Cheerios, Cocoa Puffs
- General Mills Nature Valley Chewy granola Bars – yogurt coated varieties
- Kellogg's Nutra Grain Cereal Bars - all varieties
- Kellogg's Nutra Grain Twists - all varieties
- Quaker Oats Fruit and Oatmeal Bars - all varieties
- General Mills Nature Valley Chewy Trail Mix Bars - Fruit and Nut
- General Mills Nature Valley Crunchy Granola Bars – all varieties

- Keebler Journey Bars - Apple, Cinnamon, Peanut Butter Fudge
- Great Value Lowfat Fruit and Grain Bars - all varieties

### ▶ FRUITS & VEGETABLES

- **Fruits** - fresh, canned, dried. Fruits in single serving containers, such as Delmonte Lite Pack diced peaches and mixed fruit, Dole Fruit Gel Bowls, Dole Fruit Bowls, and Motts applesauce
- **Vegetables** - all varieties, such as baby carrots, broccoli florets, and others cut into bite size pieces

### ▶ DAIRY FOODS

- **Cheese** – reduced fat varieties such as American, cheddar, Monterey jack, mozzarella, string cheese, etc.
- **Yogurt**– Look for yogurt made from low fat milk and with no more than 30 grams of carbohydrate and 120 calories per serving. Examples:
  - Bryers (8 oz cup) Light Fat Free - all flavors
  - Columbo (8 oz cup) Light - all flavors
  - Dannon (4 oz cup) Fruit Blend and Light N Fit, Light'n Fit Smoothie - all flavors
  - Dannon (6 oz cup) Light Fit - all flavors
  - Great Value Light Yogurt (8 oz cup) - all flavors
  - Yoplait Go-Gurt (1 tube) - all flavors
  - Yoplait (4 oz cup) Trix and Yumsters
- **Pudding snacks**
  - Great Value Pudding Snacks (4 oz) - all flavors
  - Hunts Snack Pack Squeeze 'n Go Pudding Tubes - all flavors

### ▶ NUTS & SEEDS

#### (approx. 1 ounce servings)

All varieties of nuts and sunflower seeds are acceptable. Although they are high in fat, they contain the type of fat which is beneficial to health.

For more information and to see guides on other topics, visit the Alabama section of the Action for Healthy Kids Website:

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

For additional copies of this document or questions, call the Alabama Department of Public Health Nutrition and Physical Activity Unit.

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