

# Pittsford Schools

## Healthy Food Choices for Snacks or Classroom Celebrations

Please use the following guidelines to assist you with providing students with foods that are higher in nutrients, lower in fat and added sugars, and of moderate portion size. While this list is not all-inclusive, the goal is to provide a balance of healthy food choices in class celebrations while fostering healthy eating habits for our children. A more comprehensive list with brand name suggestions is accessible on the district web site and in the main office of your school building. Items denoted by **\*P** are available through Pittsford Food Service with 7 days advance notice.

### Beverages

Water should always be the first choice, and available as an alternative to all students **\*P**

100% Juice **\*P**

Fat free or 1% milk products (including flavored varieties) **\*P**

### Snack Items

- Applesauce (unsweetened)
- Breads/Pasta/Cereals-whole grain
- Low-fat Regular or Frozen Yogurt
- Crackers/cookies- animal, graham, ginger snaps, fig bars, (whole grain products are the preferred). **\*P**
- Dried Fruit-raisins, apricots, apples, cranberries, pineapples, papaya with little or no added sugar
- Fruit (fresh, frozen or canned in its own juice -no added sugar) **\*P**
- Low-fat microwave, Air popped, or Smartfood® Popcorn **\*P**
- Low-fat Ice Cream/Ice milk (Orange Buddy®, Lime Buddy® **\*P**)
- Low-fat Cookies **\*P**
- Pretzels, Rice Cakes, Goldfish, Trail mix **\*P**
- String Cheese **\*P**

### Entrée/Lunch Items

- Pizza (whole wheat, cheese, and veggie styles are healthier, meat versions are higher in fat) **\*P**
- Sub/wrap type sandwiches using turkey or chicken as the meat selection.
- Omitting cheese and mayo type dressings reduces the fat content significantly. Adding veggies is healthier. **\*P**

### Portion size

Please keep in mind it is not only the type of food, but the quantity that matters as well. Single-serve packs are efficient, but also a more costly alternative. Use product serving information found on the packaging or the following as a guide:

- Fruit and non-fried vegetables are exempt from portion size limits.
- 2 ounces for cookies/cereal/granola bars.
- No more than 3 ounces for bakery items such as muffins or bagels. This is about the size of a hockey puck.
- Use a 3 ounce Dixie cup® or snack size zip lock bag to portion bulk items such as crackers, cereal, pretzels or trail mix. One handful of these products is approximately 1 ounce.
- 6-10 ounces for beverages (except milk products) for primary students and 12 ounces for secondary students.
- 4 fluid ounces for frozen desserts.
- 8 ounces for non-frozen yogurt.
- 8 ounces for beverages, K-8.
- 20 ounces for low-calorie beverages, 9-12.