

Shopping Guide for Seed Snacks



The Seed Snack Program

At the Seed we have a community snack each day in the Toddler 1s through K-1 (older students bring their own snack). Each family is asked to bring snack on a rotating basis. This should work out to be approximately once per month. Please bring snack to school on the designated day no later than 9:00 a.m. Please note that health department regulations require that all food be prepared at school and no home-prepared foods can be served to students.

Because of allergy considerations, the classroom teacher must approve substitutions or any other changes for items on the calendar. Additionally, as we are always thinking about the health and well being of our children, we ask that you purchase organic fruits, vegetables and milk whenever possible and check labels so we can avoid ingredients such as high fructose corn syrup and genetically modified organisms in the products you bring.

This shopping guide was originally created by Jenn Taylor, lead teacher of the Toddler 1s class. It has been adapted to include all classes that have shared snacks. Below this note you will find a shopping list along **with the requested size/quantities for snack assignments**. Remember, school staff must do all snack preparation—cutting, warming, etc. If you have any questions, please do not hesitate to ask.

food item	amount	notes	suggested brands	brands to avoid
A				
APPLESAUCE	1 large (24 oz) jar	no sugar added	anything organic	
AVOCADO	3-4 medium size avocados			
B				
BANANAS	12-15 medium-sized	organic preferred		
BERRIES	2-3 pints	fresh strawberries, raspberries, blueberries, blackberries	organic only	
BLACK BEANS	2 cans black beans			
BUTTER	½ pound in sticks or tub		see Dairy Products	see Dairy Products
BREAD	1 loaf whole wheat		Simply Balanced (Target) O Organics (Safeway) Simple Truth Organics (Fry's) Barbara's (various) Health Valley (various) Trader Joe's brand (Trader Joe's) Whole Foods 365 (Whole Foods)	Nabisco Nestle Keebler Kroeger General Mills Quaker Post (Kraft)
BROCCOLI	1 large head, or 1 bag florets	fresh		

food item	amount	notes	suggested brands	brands to avoid
C				
CELERY	1 package celery stalks/ hearts	organic only		
CEREAL	1 large box cereal		Simply Balanced (Target) O Organics (Safeway) Simple Truth Organics (Fry's) Barbara's (various) Health Valley (various) Trader Joe's brand (Trader Joe's) Whole Foods 365 (Whole Foods)	Nabisco Post (Kraft) Nestle Keebler Kroeger General Mills Quaker
CEREAL BARS	1 bar per child	soft bars with fruit filling, no granola bars or any bar with nuts (for toddlers)	see CEREAL	see CEREAL
CHEESE	1 large package (16 pieces) string cheese OR Baby-bel cheeses (16 rounds) OR 1 block mild cheddar cheese OR 1 block Monterey jack cheese	organic preferred	Alta Dena Organics (various) Whole Foods 365 (Whole Foods) Horizon Organics Safeway Organic brand Kirkland Organics (Costco) Trader Joe's store brand Stonyfield Farm	Dannon Kemps Kraft Land O' Lakes Lucerne Yoplait (General Mills) Colombo Velveeta
COTTAGE CHEESE	1 (24 oz.) container whole milk	organic preferred	see CHEESE	see CHEESE

food item	amount	notes	suggested brands	brands to avoid
CORN	1 (16 + oz.) bag frozen corn kernels	organic preferred		

food item	amount	notes	suggested brands	brands to avoid
C				
CRACKERS	1 box (16-24 oz.)	your choice	Simply Balanced (Target) O Organics (Safeway) Simple Truth Organics (Fry's) Barbara's (various) Health Valley (various) Trader Joe's brand (Trader Joe's) Whole Foods 365 (Whole Foods) Annie's (various) Amy's (various) Erewhon	Nabisco Post (Kraft) Nestle Keebler Kroeger General Mills Quaker Knorr Pepperidge Farms
CREAM CHEESE	1 (16 oz.) container	spreadable cream cheese, plain or simple fruit flavor	see CHEESE	see CHEESE
CUCUMBERS	6-8 small Persian cucumbers OR 1 large English cucumber OR 3-4 Pickling cucumbers	organic preferred		
CUTIES	15-20 small, easy peel oranges			

food item	amount	notes	suggested brands	brands to avoid
D, E				
EGGS	1 dozen large eggs	free range, organic	see CHEESE	

food item	amount	notes	suggested brands	brands to avoid
F, G				
GREEN BEANS	2 cans cut green beans OR 1 bag frozen beans	organic preferred		
GRAHAM CRACKERS	1 box plain graham crackers	graham "animals" such as bunnies or fish, etc. also good	see CRACKERS	see CRACKERS
GRILLED CHEESE	1 loaf bread 1 block cheese		see BREAD see CHEESE	see BREAD see CHEESE
H				
HUMMUS	1 (16 oz.) container	plain hummus	Trader Joe's brand (Trader Joe's) Whole Foods 365 (Whole Foods) Dr. Hummus (local)	
I, J				

food item	amount	notes	suggested brands	brands to avoid
JAM/JELLY	1 small jar	whole fruit, no sugar added		
K, L, M				
MAC-N-CHEESE	3 boxes mac-n-cheese 1 stick butter ½ gallon milk		Annie's (various) Trader Joe's brand (Trader Joe's) O Organics (Safeway) Whole Foods 365 (Whole Foods)	Kraft Velveeta
food item	amount	notes	suggested brands	brands to avoid
M				
MILK	1/2-gallon	organic WHOLE milk (for toddlers) (2% for children over 2)	see CHEESE	see CHEESE
MUFFINS	1 dozen mini-muffins (or 1 per child)	any flavor, no nuts for toddlers	see BREAD	see BREAD
N				
NOODLES (pasta)	1 bag or 1 box	egg noodles, macaroni, farfalle, rotini, etc.	see BREAD	see BREAD
O				
ORANGES	1 per child	see CUTIES		
P				

food item	amount	notes	suggested brands	brands to avoid
PANCAKES	2 boxes frozen pancakes OR 1 package add-water pancake mix	organic preferred	see BREAD	see BREAD
PEACHES	5-10 fresh peaches or 2 (15 oz.) containers peach slices in juice	no syrup or added sugar		

food item	amount	notes	suggested brands	brands to avoid
P				
PEANUT BUTTER	1 medium sized jar peanut butter	creamy organic only	Simply Balanced (Target) O Organics (Safeway) Simple Truth Organics (Fry's) Barbara's (various) Health Valley (various) Trader Joe's brand (Trader Joe's) Whole Foods 365 (Whole Foods) Arrowhead Mills Organics MaraNatha Organics	Nabisco Kroeger Jiffy Skippy Nestle Planters Keebler General Mills
PEARS	5-10 fresh pears or 2 (15 oz.) containers pear slices in juice	no syrup or added sugar		

food item	amount	notes	suggested brands	brands to avoid
PEAS, CARROTS & CORN	1 (16+ oz.) bag frozen vegetable mix	organic preferred		
PIRATE BOOTY SNACK	1 bag	store brand okay		
PITA	1-2 packages	whole grain	see BREAD or CRACKERS	see BREAD or CRACKERS
PRETZELS	1 package	sticks, twists, or waffle cut pretzels	see BREAD or CRACKERS	see BREAD or CRACKERS
Q				
QUESADILLAS	2 pkg small flour tortillas 1 (16 oz) bag shredded cheese		see BREAD see CHEESE	see BREAD see CHEESE

food item	amount	notes	suggested brands	brands to avoid
R				
RAISINS	1 medium bag/canister or 10 small boxes	organic preferred		
RANCH DIP	1 seasoning pouch ranch dip and 1 16-oz container sour cream		Simply Balanced (Target) Trader Joe's store brand Whole Foods 365 brand Newman's Own Organic (various) Annie's (various)	Kraft Wishbone Ken's Hidden Valley Kroeger
REFRIED BEANS	2 cans	vegetarian beans		

food item	amount	notes	suggested brands	brands to avoid
RICE CAKES	1 package	plain rice cakes		
S				
SAUCE	1 (16 oz.) jar	pasta sauce, red or white	Simply Balanced (Target) Trader Joe's store brand Whole Foods 365 brand Newman's Own Organic (various) Annie's (various)	Kraft Wishbone Ken's Hidden Valley Kroeger
SYRUP	1 bottle organic maple syrup	organic		
T				
TOAST		see BREAD		

food item	amount	notes	suggested brands	brands to avoid
T				
TOMATOES	1 quart grape tomatoes OR 4 Roma tomatoes			
TORTILLAS	2 (10-count) whole grain tortillas OR 1-pkg corn tortillas		see BREAD	see BREAD
U, V				

food item	amount	notes	suggested brands	brands to avoid
VEGGIE STIX	1 bag	veggie sticks snack	see CRACKERS	see CRACKERS
W				
WAFFLES	2 boxes or 1 waffle per child	whole grain frozen waffles	see BREAD	see BREAD
WATERMELON	1 med-large seedless	organic preferred		
WATER	2.5 gallon container			
X, Y, Z				
YOGURT	1 large (16 oz) container	organic, whole milk vanilla or other simple flavor (please, no plain yogurt for toddlers)	Alta Dena Organics (various) Whole Foods 365 (Whole Foods) Horizon Organics Safeway Organic brand Kirkland Organics (Costco) Trader Joe's store brand Stonyfield Farm	Dannon Kemps Kraft Land O' Lakes Lucerne Yoplait (General Mills) Colombo Velveeta