



# FOWLER ELEMENTARY SCHOOL DISTRICT

This guide explains what is allowed and not allowed under the Arizona Healthy Schools Act.



At Fowler Elementary School District, we are committed to creating a healthier school environment and supporting the success of every student!

## FOODS WITH THESE INGREDIENTS **CANNOT** BE SOLD OR SERVED AT SCHOOL.



Potassium Bromate



Propyl paraben



Titanium Dioxide



Brominated Vegetable Oil (BVO)



Yellow Dye 5 or 6



Blue Dye 1 or 2



Green Dye 3



Red Dye 3 or 40



## APPROVED SNACKS

These snacks comply with the Arizona Healthy Schools Act and may be sold, served, or provided.

### COOKIES

- Original Oreos
- Pepperidge Farm Chessmen
- Pepperidge Farm Milano (many varieties)
- Nutter Butter
- Vanilla Wafers (check label)
- Teddy Grahams (most flavors)



### CRACKERS & SALTY SNACKS

- Goldfish Original Cheddar
- Ritz Original Crackers
- Wheat Thins Original
- Pretzel sticks or mini pretzels
- Pirate's Booty
- SkinnyPop Popcorn
- Boom Chicka Pop
- PopCorners



### FRUIT & HEALTHY SNACKS

- Applesauce pouches
- Fruit cups packed in juice
- Raisins
- Cheese sticks
- String cheese
- Fresh fruit cups
- Mandarin orange cups



### CHIPS

- Lay's Original
- Kettle Brand Original
- Plain tortilla chips
- Plain popcorn



### DRINKS

- Bottled water
- 100% juice boxes (without added colors)



## NOT ALLOWED

These items frequently contain prohibited ingredients and are not allowed.

- Frosted cupcakes
- Frosted cookies
- Donuts with icing
- Brightly colored frosting
- M&M's
- Skittles
- Starburst
- Sour Patch Kids
- Swedish Fish
- Gummy bears
- Fruit Roll-Ups
- Fruit by the Foot
- Ring Pops
- Lollipops with bright colors
- Most brightly colored gummies
- Colored marshmallows
- Many seasonal candies



## NON-FOOD CELEBRATION IDEAS



Stickers



Fun Pencils



Erasers



Bookmarks



Bubbles



Temporary Tattoos



Mini Play-Doh



Fidget Toys



Crazy Straws



Extra Recess Coupons

Even if a food is on the "Yes" list, please check the ingredient label before purchasing. Manufacturers sometimes change recipes, and seasonal or holiday versions often contain added food dyes.



## ALWAYS ALLOWED

- Fruits & vegetables
- Water with no added ingredients
- Lunches & snacks provided from home for individual students



## WHAT ABOUT CLASS PARTIES?

A.R.S. § 15-242.01 prohibits providing students with ultra-processed foods at any point of the school day. This includes student celebrations, birthday parties, prizes/incentives, class parties, and classroom snacks. Pizza, cupcakes, cookies, ice cream, etc. are not allowed.



Contact Fowler Food Service Department  
623-707-2059



**FOWLER  
ELEMENTARY  
SCHOOL DISTRICT**

*Creating the Leaders of Tomorrow*

HEALTHY KIDS. BETTER LEARNERS. STRONGER TOMORROW.