



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.

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)



EVEN IF A FOOD IS ON THE "YES" LIST, PLEASE CHECK THE INGREDIENT LABEL BEFORE PURCHASING. MANUFACTURERS SOMETIMES CHANGE THE RECIPES, AND SEASONAL OR HOLIDAY VERSIONS OFTEN CONTAIN ADDED FOOD DYES.



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



Important: This policy does not prevent parents or guardians from providing ultra-processed food to their own student during the regular school day. However, any ultra-processed food provided by a parent or guardian may not be shared with other students.



NON-FOOD CELEBRATION IDEAS



Stickers



Fun Pencils



Erasers



Bookmarks



Bubbles



Temporary Tattoos



Mini Play-Doh



Fidget Toys



Extra Recess Coupons



Crazy Straws



Extra Recess

For the safety of all our students, please check with your student's school to learn what non-food celebration items are allowed.



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.



Contact Fowler Food Service Department
623-707-2059



**FOWLER
ELEMENTARY
SCHOOL DISTRICT**
Creating Our Tomorrow, Today!

