

Healthy Snack and Lunch Guide



A Simple Guide
for Parents and Schools

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FORWARD

Thank you reading this sampling of nutritional information, which acknowledges environments, genetic factors, economic situations and cultural customs will vary from individual to individual. Hopefully some basic principals can be applied from this book as an attempt to “plant seeds of prevention for better health and development” internally and externally. All of these suggestions are given to take thoughtful care of the physical, emotional, spiritual, educational, and social aspects of your (and your child’s) life aiming to provide a strong foundation for the years ahead. How you care for yourself affects you, your present and future children. Making wise intentional choices when trying to achieve “optimal operation” of the parts of our lives can be viewed as a challenge or opportunity. What perspective you will choose?

Surely you agree with Zero to Three public mission statement, which is; to ensure that all babies and toddlers have a strong start in life (<http://www.zerotothree.org/about-us/zero-to-thees-fact-sheet.html>). We have abundant means available to us for exercising, resting, learning, and eating. Incorporating healthy green habits into our lives is actually quite simple as a matter of fact you may be doing some of these already. For example, drinking lots of filtered water is important for supporting better health at any age. Always try to stay hydrated. Visualize houseplant which has not been watered it lacks luster and withers in just a few days. Unfortunately when we are lacking water, this occurs within us too. A sufficient intake of water supplies essential

cleansing, fortifying, and moisturizing an element that keeps our brains thinking clearly, organs operating succinctly and muscles moving with ease.

Supplying our bodies with proper nutrients through local farm to table foods is a helpful way to strive for better health. Keeping the pantry and refrigerator filled with foods that contain essential Omega oil, fats, minerals, and vitamins will help support a strong foundation for healthy development. Our family tries to live by the "80/20 principal" or 80% healthy versus 20% not as healthy. Often a frozen yogurt or chocolate covered almonds are grabbed for a snack. This is where water's flushing out of (20%) indulgences becomes very beneficial. Whether children snack on artificially colored high fructose snacks versus fresh fruits or proteins, sets the tone for the amount of engaged focus and attention they will have during our speech language therapy session.

Research informs us that according to a study by Fernando Gomez-Pinilla, a UCLA professor of neurosurgery and physiological science, "diet, exercise and sleep have the potential to alter our brain health and mental function. This raises the exciting possibility that changes in diet are a viable strategy for enhancing cognitive abilities, protecting the brain from damage and counteracting the effects of aging". He has analyzed more than 160 studies about food's affect on the brain; the results of his analysis appear in the July issue of the journal *Nature Reviews Neuroscience* and are available online at www.nature.com/nrn/journal/v9/n7/abs/nrn2421.h

tml. The web provides multiple resources of information but be cautious and discerning about their findings. Two knowledgeable and respected colleagues, Dr. Michael Murray, a naturopathic doctor murray.com and Cherie Calboun, “The Juice Lady” www.juiceladycherie.com can provide additional information regarding health and nutrition.

Recently while we were discussing the benefits of juicing fruits and vegetables, a championship winning collegiate basketball coach shared, “ I tell my athletes their bodies are their Maserati. Therefore put the best fuel in it, take care of it and treat it as if it is the vehicle determining your success.” Are you treating your body like she tells them to? Now is as good a time as ever to begin taking better care of yourself and your loved ones. Whether you choose to do so one day at a time, one meal at a time or one step at a time.

Dr. Indy Soos Cesari, SLPD
Doctor of Speech Language Pathology
indy@dr-indy.com

*“An apple a day keeps the doctor away” ~
Pembrokeshire Proverb*

WHY HEALTHY SCHOOLS SNACKS?

Good nutrition is critical to growing bodies and learning brains. Snacks at school fuel our children with the energy and the ability to learn and play. Here's some reason WHY healthier snacks:

- Children encounter pesticides daily and have unique susceptibilities to their potential toxicity...Acute poisoning risks are clear, and understanding of chronic health implications from both acute and chronic exposure are emerging...evidence demonstrates associations between early life exposure to pesticides and pediatric cancers, decreased cognitive function, and behavioral problems."- American Academy of Pediatrics
- Preschoolers and school-age children eat a large number of contaminants in a variety of foods at levels that have known health effects, according to a study of kids and adults in California. Exposure to the pollutants at the levels identified in the study is associated with a wide array of health effects including cancer, liver toxicity, and damage to the neurological and reproductive systems.- AAP
- Children are particularly vulnerable to chemicals because their brain and organ systems are developing. Any disruption to developing organs can lead to disorders and health risks later in life. In addition, children

eat more per body weight than adults, exposing them to higher levels of chemicals.
–AAP

- When it comes to feeding your children organic food, pediatricians have new advice for parents. Organic produce and meat might be worth the hefty price tag- AAP
- The American Academy of Pediatrics finally weighs in on organic foods for babies. The group says feeding children organic fruits and vegetables cuts down on the amount of potentially harmful chemicals and also may help prevent immunity to antibiotics. –AAP
- Children may benefit from organic produce because it isn't grown with synthetic pesticides. The pediatricians cited several studies linking pesticide exposure to, for example, ... an increased risk of attention deficit hyperactivity disorder in children... switching to organic produce for just five days dramatically reduced the levels of pesticide residue in the urine of children who usually ate conventional produce.- AAP
- Diet is a major source of pesticide exposure for children. Frozen blueberries, strawberries and celery have been found to contain levels of the pesticide organophosphate malathion. The journal Pediatrics asserts a connection between exposure to high levels of pesticides and the development of ADHD. The study ...concluded that organophosphate exposure, at levels common among U.S. children, may contribute to a diagnosis of ADHD.

- The Lancet, a leading British medical journal, shows that a variety of common food dyes and the preservative sodium benzoate — an ingredient in many soft drinks, fruit juices, salad dressings and other foods — causes some children to become more hyperactive and distractible than usual.
- Obesogens are chemicals that increase either the number of fat cells in an organism or the amount of fat stored in those cells. Obesogens may also act indirectly on obesity by modulating appetite, satiety, or metabolism. Now researchers have identified a common agricultural chemical (fungicide TFZ widely used on crops) that appears to qualify as an obesogen ... rise in obesity suggests that environmental obesogens may be playing a role... –National Institute of Health

WHY ARE CERTAIN BRANDS LISTED AND OTHERS ARE NOT?

Most parents don't have time to read labels when they are on the go...and many don't realize that the popular brands we are used to eating have started adding ingredients like sugars, high fructose corn syrup (HFCS), artificial colors and other additives.

Most parents are shocked to read that nearly every applesauce, bread and pickle has the second ingredients as high fructose corn syrup! For instance, Mott's Applesauce's second ingredient is high fructose corn syrup... But Mott's Naturals only contains 100% apples. This is why we specify brands. We take the guesswork out of avoiding high sugar foods, artificial colors and other ingredients we try to avoid with healthy eating.

Just one quick and simple way to make healthy shopping easy!

"If you can't pronounce it, don't eat it"
~ Michael Pollan, (May, 2007)

GRAB-AND-GO SNACK IDEAS

1 Protein and 2 Fruits and/or Veggies Per Snack

** indicates foods that are on the "dirty dozen" list OR that contain hormones and/ or antibiotics. In selecting these items, chose organic when possible. Read more on page 34*

Protein + Fruit/ Veggie Combo

- Cottage Cheese* and Fresh Fruit
 - Peaches* or pears
 - - Cherries
 - - Pineapples (with cinnamon on top!)
 - - Or any fruit you like!!
- Carrots or celery* with Hummus
- Hummus dip with peppers*
- Stoneyfield Farm, Trader Joe's, 365, Organic Valley, Horizon
 - - Plain yogurt* with honey
 - - Yogurt* cups
 - - Smoothies* (or squeezable packs)
 - - Yogurt* with granola (children can layer into cups as a parfait, and even add fruit!)
- Chobani squeezable yogurt*
- Plum Mashup squeezable packs
- Sunflower seed butter or Almond butter with Fruit or veggie slices

- Sliced Apples* are a favorite!
- Celery*
- Sliced Pears
- Veggies and Shredded cheese*
 - Broccoli
 - Any other veggie

Protein

- Cheese* (Horizon, Tillamook, Kraft Organic, 365 Brand, Kirkland Organic, Organic Valley, Trader Joes)
 - Sticks
 - With whole grain crackers (Late July, Greenwise, 365)
- Cottage cheese*
- FAGE, Chobani or Stonyfield Greek yogurt plain
- FULL CUP breads (Atlanta only. Located on Rowell Road)
- Seeds
 - Sunflower
 - Pumpkin
- Oatmeal
- Grain Bars (Clif, Lara, Annie's, Cascadia Farms)
- Hummus with Stacy's pita chips
- Applegate sliced meats* (Nitrate free)

Fruit/ Veggie

- Baby carrots
- Orange slices
- Bananas
- Sugar snap peas
- Frozen grapes* and kiwi
- Honeydew chunks
- Sliced star fruit
- Watermelon slices
- Cantaloupe chunks
- Apple slices*
- Grapes*
- Nectarines*
- Peaches*
- Pears
- Plums*
- Pluots*
- Snap Peas
- Pepper slices*
- Fruit salad*
- Bananas with shredded coconut
- Carrots, celery*, broccoli, cherry tomatoes, and/ or cauliflower with ranch (Annie's, Organicville)
- Veggies and guacamole
- Pineapple slices with blueberries*
- Berry mix*
- Dried fruit strips*

- Dried fruits such as raisins*, dates, apricots*
- Applesauce* (365, Trader Joe's, Mott's Naturals, Gerber Organic, Greenwise, White House, Naturae Plus) 100% apples only, no added sugar, high fructose corn syrup
- Coconut milk
- Terra Vegetable Chips
- Fruit and/ or veggie squeezable packs (Plum Organics, Ella's Kitchen, Peter Rabbit, Happy Tot)
- Organic popcorn* (Over 90% of non-organic popcorn is GMO, to learn more visit our "Learn More" section at the back of the book)
- Organic pickles* (Bubbies brand is loaded with probiotics! All traditional brands contain high fructose corn syrup)

QUICK, "CREATIVE PREP" IDEAS

Please visit www.healthygreenschools.com for more recipes, pictures and ideas! Visit Healthy Green Schools on Facebook to share recipe ideas

- JUICE fruits and veggies and bring a yummy drink surprise!
- Use Zoku MiniPops and pour in fresh squeezed juice or homemade smoothies from pineapple, berries*, oranges, banana. Use only 100% juice, fruit and veggies. (Check with your school to borrow these popsicle molds)
- Homemade fruit smoothies with fruit and either orange juice or yogurt!
- Fruit Skewers*
- Ants on a log (celery* with sunflower seed butter and raisins*)
- Sweet potato fries or slices with cinnamon
- Antibiotic free grilled/ baked chicken strips (not fried)
- Deviled eggs with olive oil based mayo (allergy permitting in class)
- Whole grain or brown rice pasta with meat sauce
- Organic popcorn* with light sea salt sprinkled (cook on the stove with refined coconut oil what movie theaters used to use) or organic canola oil*
- Roasted pumpkin seeds

- Roasted apples* with cinnamon
- Roasted butternut squash cubes or mashed with cinnamon
- Pumpkin muffins with whole wheat flour, honey
- Fruit slices and cream cheese* 1/4 cup undiluted apple juice* or orange juice concentrate and a dash of cinnamon. Stir vigorously until smooth. Serve with apple* and pear slices, strawberries*, and banana chunks for dipping
- Rolled chicken fajitas with brown rice or whole grain, high fructose corn syrup free tortillas (Rudi's is a good choice)
- Black bean quesadillas with brown rice or whole wheat tortillas (no high fructose corn syrup) Try Rudi's brand tortillas
- Homemade chicken salad
- 100% Whole grain pasta and sauce
- Sunflower Seed Butter and Banana Sandwiches on Whole Grain Bread (no high fructose corn syrup) Try Rudi's or Ezekiel
- Sunflower Seed Butter and Honey Sandwiches on Whole Grain Bread (no high fructose corn syrup) Try Rudi's or Ezekiel
- Applegate meats and cheese on Whole Grain Bread (no high fructose corn syrup) Try Rudi's or Ezekiel
- Fruit salad*
- Banana pops (dip in yogurt* and freeze)
- Baked or grilled chicken* cut into fun shapes
- Mashed sweet potatoes with cinnamon

- Black beans and rice
- Black-eyed peas (Fresh or frozen and boil)
- Lima beans
- Steamed or sautéed fresh green beans plain or with butter*
- Snow peas (raw or steamed)
- Sugar snap peas (raw or steamed)
- Peas and carrots (fresh or frozen brands. (Prepared steamed)
- Any combination of fruits and vegetables
- Any combination of healthy foods listed

*These are just some ideas! Please visit **www.healthyschools.com** for recipes, pictures for ideas and more!*

CELEBRATIONS: IN LIEU OF PARTY FOODS

Parents may wish to celebrate their child's birthday with something other than party food. Party food is not necessary to make your child's birthday as special as they are! Here are just a few suggested ideas for birthday celebrations. Discuss your ideas with your child's teachers ahead of time to make a plan that works for everyone.

- Make your child's favorite healthy meal and bring to share
- Join the class for a special healthy cooking project
- Does your child have some favorite foods that may be less familiar to other children? Bring in some healthy "taste testing" foods for a fun food experience.
- Prepare a non-food experience/craft/game/special story time with you child's teacher(s).

The scheduled snacks will be provided as usual if you are not bringing food, so be sure to communicate with the teachers either way to be sure snack will be available.

CELEBRATORY CHOICES FOR SNACKS

Healthy snack guidelines are for everyday including celebrations. Feel free to bring the same snacks as everyday snacks if you like...there is no need for special food! For those parents looking for a “special food” to replace cupcakes, cake, ice cream etc, here is a great, fun list of healthy celebration foods that are in addition to the everyday foods! Visit www.HealthyGreenSchools.com for more recipes and ideas!

- Use Zoku MiniPops and pour in fresh squeezed juice or homemade smoothies from pineapple, berries*, oranges, banana. Use only 100% juice, fruit and veggies. (Check with your school to borrow these popsicle molds)
Or:
Ready Made Juices:
 - RW Knudson
 - Honest Kids
 - Lakewood
 - Apple and Eve Organics
 - Santa Cruz
 - Greenwise (Publix)
- FULL CUP muffins, cookies and breads (Atlanta area only. Located on Roswell Road)
- Homemade oatmeal cookies with oats, applesauce*, honey and cinnamon (see recipes)
- Banana oatmeal cookies (see recipes)

- Oatmeal cookies (see recipes)
- Zucchini or banana bread in mini muffin tins
- Pumpkin muffins with cream cheese* icing
- Fruit skewers cut into hearts and stars (use cookie cutters)
- Make your own face out of pre-cut fruits and veggies
- Melt dark chocolate on the stove and dip in strawberries*
- Chobani Squeezable Yogurts (Frozen!)
- Coconut milk popsicles
- 100% fruit popsicles* (just fruit...nothing else added)
 - Publix Brand Frozen Fruit Bars
 - Blue Bell All Natural Fruit Bars
 - Edy's Outshine Fruit Bars
 - Yasso Frozen Greek Yogurt
- Van's Organic Waffles
- Publix Greenwise Dark Chocolate Covered Raisins
- Amy's Frozen Pizza
- Greenwise Frozen Pizza
- Stacy's Pita Chips
- Bars
 - Cascadian Farms
 - Clif
- Earth's Best fruit bars
- Trader Joe's Sweet Potato Tots (Frozen)
- Trader Joe's Sweet Potato Fries (Frozen)
- Trader Joe's Coconut Chips

- Trader Joe's Veggie Stix
- Trader Joe's Cheese Pizza
- Trader Joe's Veggie Pizza
- Trader Joe's Organic Popcorn with Olive Oil
- Trader Joe's Veggie Chips
- Trader Joe's Enchiladas (Frozen)
- Trader Joe's Chicken Quesadillas
- Homemade macaroni and cheese with real cheese* (no processed) and 100% whole grain pasta
- Quesadillas with brown rice or whole grain, high fructose corn syrup free tortillas or Whole Foods makes a premade veggie quesadilla
- Homemade pizzas with Rudi's (or other whole grain, high fructose corn syrup free) sandwich flats, pizza sauce and cheese*
- Whole grain or brown rice pasta with sauce
- Fruit salad*
- Terra veggie chips
- 100% Whole grain pasta and sauce
- Sweet potato chips
- Crackers (Mediterranean, Devonsheer, Annie's) whole grain with cheese*
- Cool Cups
- All other foods in the book

HELP I'M SHOPPING AT...

It can be a real challenge to read labels! We have made it easy by providing specific brands and items to take the guesswork out of avoiding high sugar foods, high fructose corn syrup, artificial colors etc.

PUBLIX/ KROGER

FRUITS/ VEGGIES/ NUTS

**See Clean 15 and Dirty Dozen For Pesticide Levels on Fruits and Veggies!*

ANY FRESH FRUIT OR VEGETABLE

ALL GREENWISE FOODS (They do not contain high fructose corn syrup, artificial colors, flavors, preservatives, GMOs, etc.)

- Pre-sliced/ cut fruits and veggies
- Publix Frozen Fruits
- Greenwise Dried Fruits
- Greenwise Pepitas
- Greenwise Dried Veggie Chips
- Frunchies Dried Fruit
- Fruit and/or Vegetable Squeezable Packs (Peter Rabbit, Plum, Earth's Best)
- Boar's Head Pickles (Only one with no artificial colors and HFCS)
- Applesauce (Greenwise, White House, Naturae Plus- Only brands without HFCS)
- Veggie Stix (Chip Aisle)
- Raisins (Newman's Own, Sunmaid, Craisins)

MEATS

- Greenwise meats
- Applegate Sliced Meats*
- Applegate Hot Dogs*
- Oscar Meyer Selects*
- Hormel Natural Choice*

CHEESE

- Horizon
- Applegate*
- Organic Valley

YOGURTS/ SMOOTHIES

- Stoneyfield
- Chobani
- Fage

CREAM CHEESE

- Organic Valley

MILK

- Greenwise
- Horizon
- Organic Valley

CEREALS/ GRAINS

(Opt for 100% Whole Grain)

- Cascadian Farms

- Greenwise
- Nature's path
- Oatmeal (Hodgson Mill, Nature's Path)
- Bob's Red Mill
- Lundberg

BREADS/ PASTAS

- Ezekiel Breads/ Buns
- Nature's Own Whole Wheat
- Jarred Pasta Sauces (Muir Glen, Walnut Acres, Newman's Own, Amy's, Organicville, Monte Bene, Dell Amore, Alesso)
- 100% Whole Grain Pastas (Mueller's, Rozoni, Hodgson Mill, Davinci, De Boles, Gia Russa)
- Greenwise Crackers
- Late July Crackers

DIPS/ DRESSINGS

- Ranch* (Annie's, Organicville, Any organic brand)
- Cedar's Hummus (Or any organic brand)
- Guacamole
- Jarred Salsa (Newman's Own, Pace, Publix, Any organic brand)

PEANUT BUTTER ALTERNATIVES AND JELLIES

- MaraNatha Almond Butter (If School Allows Nuts)
- Sunbutter Sunflower Seed Spread
- 100% Raw Honey
- St Dalfour
- Mediterranean Organic

- Greenwise

COOKING SUPPLIES

- Maple Syrup, Molasses, Honey
- 100% Whole Grain Flour
- Coconut Oil
- Applesauce (100% apples)
- Sugar in the Raw
- Organic Ketchup

PARTY FOODS

- Frozen Fruit Bars (100% Fruit)
- Publix Brand Frozen Fruit Bars
- Blue Bell All Natural Fruit Bars
- Edy's Outshine Fruit Bars
- Yasso Frozen Greek Yogurt

Juices (Make Your Own Popsicles!)

- Juice Your Own or Freeze Smoothies!
- RW Knudson
- Honest Kids
- Lakewood
- Apple and Eve Organics
- Santa Cruz
- Greenwise

Van's Organic Waffles

- Publix Greenwise Dark Chocolate Covered Raisins
- Amy's Frozen Pizza
- Greenwise Frozen Pizza
- Stacy's Pita Chips
- Bars

- Cascadian Farms
- Clif

TRADER JOES

**See Clean 15 and Dirty Dozen For Pesticide Levels on Fruits and Veggies!*

ANY FRESH FRUIT OR VEGETABLE

ALL HEALTHY TRADER JOE'S BRAND FOODS
(They do not contain high fructose corn syrup, artificial colors, flavors, preservatives, GMOs, etc.)

FRUITS AND VEGGIES

- Pre-sliced/ cut fruits and veggies
- Sliced Apples*
- Inner Peas
- TJ's Frozen Blueberries*
- TJ's Organic Mango Chunks
- TJ' Organic Strawberries*
- TJ's Berry Mix*
- Organic Frozen Corn
- TJ's Applesauce

DRIED FRUITS, SEEDS, BERRIES

- TJ's Dried Fruit
- Sunflower Seeds

DIPS/ DRESSINGS

- Any Salsa
- TJ's Spinach Kale Yogurt Dip

- TJ's Hummus
- TJ's Dressings (Avoid Soybean Oil)

CHEESE/ COTTAGE CHEESE/ SOUR CREAM

- TJ's Brands*

YOGURT/ SMOOTHIES

- FAGE
- TJ's Greek Yogurt
- TJ's Yogurt*
- TJ's Smoothies*
- TJ's Squishers*

MEATS

- Applegate Meats*
- All Natural Chicken*
- Grass-fed Ground Beef*
- Meatballs (Frozen)
- Turkey Meatballs (Frozen)
- Grass-fed Beef Burgers
- Turkey Burgers
- Roasted Chicken Breast (Pre-cooked, Sliced, Refrigerated)

PASTA/ BREADS/ RICE

- 100% Whole Grain Pasta
- Brown Rice Pasta
- Penne Arrabbiata (Frozen)
- Linguini (Frozen)
- Ravioli (Frozen)
- Spinach Lasagna (Frozen)
- Turkey Bolognese (Frozen)

PASTA SAUCES

- TJ's Jarred Pasta Sauces

CEREALS/ GRANOLA/ OATMEAL/BARS

- Granola (Nature's Path)
- Nature's Path Cereals
- Trader Joe's Honey O's
- Trader Joe's O's
- Trader Joe's Berry O's

PEANUT BUTTER ALTERNATIVES/ JELLY

- Sunflower Seed Butter
- Almond Butter (Depending on nut rules for your school)
- Any TJ's Jelly

SUBSTANTIAL FOODS

- TJ's Enchiladas (Frozen)
- TJ's Chicken Quesadillas

COOKING SUPPLIES

- TJ's Maple Syrup, Molassas, Honey
- TJ's 100% Whole Grain Flour
- Coconut Oil
- TJ's BBQ Sauce
- Organic Ketchup

PARTY FOODS

- Sweet Potato Tots (Frozen)
- Sweet Potato Fries (Frozen)
- Coconut Chips
- Veggie Stix

- TJ's Cheese Pizza
- TJ's Veggie Pizza
- Organic Popcorn with Olive Oil
- Veggie Chips
- TJ's Enchiladas (Frozen)
- TJ's Chicken Quesadillas

TARGET

FRUITS/ VEGGIES/ NUTS

**See Clean 15 and Dirty Dozen For Pesticide Levels on Fruits and Veggies!*

ANY FRESH FRUIT OR VEGETABLE

- Watermelon
- Sliced Carrots
- Melons
- Honeydew
- Bananas
- Sweet Potatoes
- Baby Carrots
- Pineapple
- Apple Slices*
- Frozen Blueberries*
- Blueberries*
- Grapes*
- Made In Nature Dried Fruits
- Made In Nature Dried Figs
- Simply Balanced/ Archer Farms Cherries
- Simply Balanced/ Archer Farms Mangos
- Simply Balanced/ Archer Farms Strawberries
- Simply Balanced/ Archer Farms Dried Berries
- Simply Balanced/ Archer Farms Dried

- Apples
- Mott's Natural Applesauce
- Gerber Organic Applesauce
- Gerber Organic Fruit Blends
- Fruit and Veggie Squeezable Packs (Plum, Ella's, Mashups, Happy Baby, Gerber Organic)
- GoGo Squeeze
- Archer Farms Raisins*
- Sunmaid Raisins*

YOGURTS/ SMOOTHIES

- Stoneyfield
- Yo Toddler (Stoneyfield)
- Yo Kids Squeezers (Stoneyfield)
- Chobani
- Fage

MILK

- Horizon

CEREALS/ GRAINS

(Opt for 100% Whole Grain)

- Nature's Path
- Cascadian Farms
- Kashi (Strawberry Fields, Indigo Morning, Cinnamon Harvest, Autumn Wheat, Blackberry Hills)

BREADS/ PASTAS/ PASTA SAUCES

- Archer Farms Pasta Sauces
- Newman's Own

- Classico
- 100% Whole Grain Pasta
- Muir Glen's Pizza Sauce
- Amy's Burritos

DIPS/ DRESSINGS

- Annie's Organic Ranch
- Cedar's Hummus
- Salsa

PEANUT BUTTER ALTERNATIVES AND JELLIES

- MaraNatha Almond Butter (If School Allows Nuts)
- Sunbutter
- Archer Farms Jelly
- 100% Raw Honey

PARTY FOODS

- Frozen Fruit Bars (100% Fruit)
 - Julie's Organic Yogurt Bars
 - Edy's Outshine Coconut Waters Popsicles
 - Outshine Fruit Bars
- Annie's Macaroni and Cheese
- Stacy's Garden Veggie Chips
- Stacy's Pita Chips
- Philly Swirl Coconut Water Pushups
- Cascadian Farms Cereal Bars
- Clif Bars
- Terra Chips
- Plum Yogurt Dippers

COOKING SUPPLIES

- Sugar in the Raw
- Organic Cane Sugar
- Agave
- Olive Oil
- Maple Syrup

WHOLE FOODS

**See Clean 15 and Dirty Dozen For Pesticide Levels on Fruits and Veggies!*

ANY FRESH FRUIT OR VEGETABLE

ALL HEALTHY 365 BRAND FOODS (They do not contain high fructose corn syrup, artificial colors, flavors, preservatives, GMOs, etc.)

ALL PRE-PREPARED WF BRAND HOT AND COLD SECTIONS

FRUITS AND VEGGIES

- Pre-sliced/ cut fruits and veggies
- Pickles (Bubbies, 365)
- Fruit and Vegetable Squeezable Packs (Plum, Ella's, Earth's Best, Happy Baby, Peter Rabbit)
- Plum Yogurt Mashups
- Happy Tots Veggie Snacks
- RW Garcia Veggie Chips
- 365 Sweet Potato Chips
- Yummy Spoonfuls Fruit and Veggie Blends (Frozen Section)
- Applesauce (365, any organic brand)

DRIED FRUITS, COVERED BERRIES

- Funky Monkey
- Raisins (Newman's Own, 365)
- 365
- Nature's All
- Himalania
- Crunchies
- Made In Nature
- Peeled
- Go Raw
- "Just" Brand Fruit Snacks
- Pure Bliss
- Sunfood
- Tiny Fruits
- Eden's Organic

DIPS/ DRESSINGS

- Any Salsa
- Cindy's Kitchen
- Cedar's
- WF Brand Fresh Dips in Fridge Section
- Atlanta Fresh
- 365
- Aunt Dottie's
- Annie's
- Organicville
- WF Guacamole
- Annie's BBQ
- Annie's Honey Mustard

CHEESE/ COTTAGE CHEESE/ SOUR CREAM

- Organic Valley

- Horizon
- Nancy

YOGURT/ SMOOTHIES

- Stoneyfield
- Green Valley
- Dreaming Cow
- 365
- Wallaby Greek
- Atlanta Fresh
- Chobani
- Lifeway

MEATS/ BEANS

- Eden's Organics Beans
- Applegate Lunch Meats
- Applegate Sausages

PASTA/ BREADS/ RICE

- 100% Whole Grain Pasta (Jovial, Quinoa Harvest, Tinkyada, Lundberg, Bionaturae, De Boles, Delalio)
- Ezekiel Bread
- Ezekiel Buns
- Ezekiel Tortillas
- Rudy's Breads
- Rudy's Tortillas
- Rudy's Buns

PASTA SAUCES

- Tomato Sauce- Any
- Pizza Sauce- Organicville

CEREALS/ GRANOLA/ OATMEAL/BARS

- Granola (Love Crunch, Nature's Path)
- 365 Brand 100% Whole Grain Cereal
- Nature's Path 100% Whole Grain Cereal
- Jelly- (Any, Santa Cruz)
- Bob's Red Mill Oatmeal
- Nature's Path Oatmeal
- Nature's Path Bars
- Clif
- Cascadian Farms

PEANUT BUTTER ALTERNATIVES/ JELLY

- Sunflower Seed Butter- (Maranantha, Once Again, Sunbutter)
- Soynut Butter- (I'm Healthy, Wowbutter)
- 100% Raw honey

COOKING SUPPLIES

- Maple Syrup, Molasses, Honey
- 100% Whole Grain Flour
- Coconut Oil
- Olive Oil
- Applesauce (100% apples)
- Sugar in the Raw
- Organic Ketchup

SNACK-TYPE FOODS

- Suzie's Puffed Cakes
- Lundberg Rice Chips
- Stacy's Pita Chips
- Happy Tots Veggie Snacks
- RW Garcia Veggie Chips
- 365 Sweet Potato Chips

PARTY FOODS

- Plum Tots Yogurt Dippers
- Plum Fiddlesticks
- Plum Organics Fruit Bars
- Happy Tots Sunny Buddies
- Macaroni and Cheese (Annie's, 365, Back To Nature)
- Stacy's Pita Chips
- Quackin Bites
- Crackers (Mediterranean, Devonsheer, Annie's)
- Cool Cups (Similar to Jello)
- Z Bars
- 100% Whole Grain Waffles (Nature's Path, Van's)
- Frozen Pizzas (Amy's, 365, Annie's)
- Frozen Treats/ Popsicles (Lifeway, Julie's, 365, King of Pops)
- WF Pre-prepared Veggie Quesadilla
- WF Veggie Lasagna
- Items From the Pre-Prepared Bar

COSTCO

FRUITS/ VEGGIES/ NUTS

**See Clean 15 and Dirty Dozen For Pesticide Levels on Fruits and Veggies!*

ANY FRESH FRUIT OR VEGETABLE

KIRKLAND ORGANIC BRAND FOODS (They do not contain high fructose corn syrup, artificial

colors, flavors, preservatives, GMOs, etc.)

- Watermelon
- Sliced Carrots
- Kiwi
- Honeydew
- Blueberries* (Sunnyridge)
- Baby Carrots
- Pineapple
- Apple Slices* (Earthbound Farm)
- Frozen Blueberries* (Cascadian Farm)
- Blueberries* (Wymans)
- Made In Nature Dried Fruits
- Made In Nature Dried Figs
- Mott's Natural Applesauce
- GoGo Squeeze
- Sunmaid Raisins

MEATS

- Coleman's Organic Chicken
- Organic Ground Beef
- Any Organic Meats

CHEESE

- Tillamook
- Any Organic Cheeses

YOGURTS/ SMOOTHIES

- Sambazon Blended Breakfast Smoothie
- Chobani
- Fage

CREAM CHEESE

- Kirkland Organic

MILK

- Kirkland Organic

CEREALS/ GRAINS

(Opt for 100% Whole Grain)

- Nature's Path

BREADS/ PASTAS

- Alpine Valley Organic
- Arnold 100% Whole Wheat
- Kirkland 100% Whole Wheat
- Organic Spinach Ravioli
- Kirkland Basil Pesto
- Amy's Burritos

DIPS/ DRESSINGS

- Jack's Salsa
- Cedar's Hummus
- Wholly Guacamole
- Kirkland Organic Salsa

PEANUT BUTTER ALTERNATIVES AND JELLIES

- MaraNatha Almond Butter (If School Allows Nuts)
- Kirkland Organic Strawberry Spread
- 100% Raw Honey

PARTY FOODS

- Frozen Fruit Bars (100% Fruit)
 - Julie's Organic Yogurt Bars
- Annie's Macaroni and Cheese
- Stacy's Garden Veggie Chips
- Stacy's Pita Chips
- Wild Chips Kale and Chai
- Philly Swirl Coconut Water Pushups
- Cascadian Farms Cereal Bars
- Clif Bars
- Terra Chips

COOKING SUPPLIES

- Organicville BBQ
- Kirkland Organic Butter
- Kirkland Organic Eggs
- Kirkland Organic Milk
- Agave
- Coconut Oil
- Olive Oil
- Organic Maple Syrup
- Sugar in the Raw

“Take care of your body. It’s the only place you have to live.” ~Jim Rohn

FOODS TO PLEASE AVOID AT SCHOOL

(Thanks for your support! Unfortunately, in order to focus on healthy foods, these foods will be sent home)

- Cookies*
- Crackers*
- Goldfish
- Cheerios, Cereals*
- Pirate Booty/ Popcorn*
- Macaroni and Cheese*
- Chicken Nuggets
- Chips (Potato, Corn Etc.)
- Pretzels
- Cake
- Cupcakes
- Prepackaged Muffins*
- High Fructose Corn Syrup
- High Sugar Foods
- Processed White Flour (Breads, Tortillas, Bagels, Etc.)
- Canned or Fruits in “Cups”
- Juice*
- White Rice
- Takeout Pizza
- Fast Food
- Processed Meats/ Lunch Meats/ Meats with Nitrates
- Candy/ Chocolate

**See CELEBRATION foods section for exceptions*

QUICK FOOD FACTS:

The main focus of these changes is to maintain and sustain healthy bodies as they are developing. Dr. Andrew Weil emphasizes "the whole food is more than the sum of its parts, and the social and pleasurable aspects of eating matter a great deal." As with healthy living in general, he said, "It's all a matter of balance. Understanding nutritional science can be a great aid in living a healthy life, but we can learn much from cultures that emphasize the simple joy of eating real food." Hopefully joy will abound.

- High fructose corn syrup is hidden in many food you would not suspect such as nearly ALL applesauce, pickles, drinks, yogurts, breads, crackers and more
- "Natural" has no legal meaning except with meats. It is a marketing tool. Genetically engineered ingredients and other artificial ingredients and chemicals are routinely found in "natural brands". In fact, some natural brands such as Kashi and Wesson have been found to be nearly 100% genetically modified.
- White four and other processed flours are treated as sugar in the body
- Traditional meats and dairy contain added antibiotics, hormones, and have been found to contain other contaminants. Conventionally farmed animals are fed over 25 million pounds of antibiotics each year.

- Bison can be bought ground just like ground beef and mixed in spaghetti sauce, tacos etc. It will taste the same and it contains as many omega healthy fats as salmon!
- Grass-fed butter and meat is high in healthy fats that are good for the brain
- Over 70% of all processed foods contain GMOs (genetically modified ingredients), even 70% of products on Whole Foods shelves are GMO
- Whole Foods 365 Brand, Trader Joes and USDA organic do not contain artificial colors, sweeteners, ingredients, GMOs and other chemicals. These brands make it easy to avoid unwanted ingredients.

“Health and cheerfulness naturally beget each other.” ~Joseph Addison

COOKING? ...HEALTHY INGREDIENT SWITCHES

Instead Of...	Use
Sugar	Honey, Molasses, Agave, Applesauce (100% Apples)
White Flour	100% Whole Wheat Flour, Coconut Flour, Brown Rice Flour, Flax
Corn Oil, Canola Oil, Vegetable Oil	Coconut oil, grapeseed oil, olive oil
Margarine, butter substitutes (Even the “healthy” brands)	Butter (grass-fed is best)
Processed Cheeses	Real Cheese (Organic To avoid added hormones and antibiotics)

RECIPE IDEAS

*For more recipes ideas please visit
www.healthygreenschools.com*

Banana Oat Muffins (makes 12, but you may want to double the recipe):

- 1 1/4 cup white flour (You can sub 1/2 whole wheat)
- 1/2 cup oats
- 1/4 cup honey
- 2 1/2 tsp. baking powder
- 3/4 tsp. salt
- 1 tbsp. ground flax seeds
- 2 tbsp. water
- 3/4 cup milk – feel free to substitute any non-dairy milk if you prefer OR 1/2 cup creamy Greek yogurt
- 1/3 cup coconut or olive oil
- 2 ripe bananas, mashed

What to do:

Combine the flour, oats, baking powder, and salt in a large bowl.

In a pinch bowl, combine the flaxseeds and water as an egg substitute.

In a stand mixer, combine the egg substitute, milk, oil, and bananas. Mix until combined.

Slowly add the dry flour to the wet ingredients in the mixer. Mix until just combined. Do not over mix.

Bake in greased muffin tins for 15-20 minutes at 375.

Sugar-Free Breakfast Muffins

Ingredients

- 2 ripe bananas
- 1 cup applesauce
- 1 egg
- 1 1/2 cup whole wheat flour
- 1 cup oats
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 cup dried dates, chopped
- 1/2 cup dried fruit of your choice, chopped
- 1 tsp. cinnamon
- 1/4 tsp. allspice
- 1/4 tsp. cloves
- 1/4 tsp. ginger

Instructions

1. Mix together the bananas, applesauce, and egg.
2. Add in the oats and mix well.
3. Add the flour, baking powder, baking soda, and all spices slowly until combined.
4. Mix in (by hand) the dates and dried fruit.
5. Bake at 350* for 10-15 minutes. Do not overbake.

Roasted Pumpkin Seeds

Scoop out pumpkin seeds and rinse well, making sure to remove any pulp from the pumpkin. Let them dry overnight. Spread the seeds onto a baking sheet sprayed lightly with olive oil, and

sprinkle with salt, pepper, garlic, paprika, or other seasonings. Cook for one hour at 250 degrees

Chocolate Banana Boats

Ingredients:

Slice 1 banana in half

Slather 1 tbsp. of sesame seed or sunflower seed butter on each half (so 2 tbsp. total)

Using a sifter or a fine mesh strainer, lightly sprinkle about 1 tbsp. of cocoa powder over the top.

Whole Spelt Flour Pumpkin Muffin (Makes 12 muffins)

Ingredients

- 1½ cups whole spelt flour (Bob's Red Mill brand)
- 1 tablespoon pumpkin pie spice blend (can use cinnamon, if you can't find pumpkin pie spice)
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon salt
- 2 eggs
- ½ cup 100% pure raw honey (local, if possible)
- ⅓ cup melted coconut oil (butter works too)
- 1 cup pure pumpkin puree in a box (organic, if possible)

Instructions

1. Preheat the oven to 350 degrees F. Line a muffin pan with liners and set aside.
2. Combine all dry ingredients in a large bowl.

3. Combine all wet ingredients in a medium bowl.
4. Fold wet ingredients into dry ingredients. Don't over mix.
5. Scoop large spoonfuls of batter into muffin pan so it's evenly distributed. Bake for 20 minutes and until tops are golden brown. Store at room temperature for 2-3 days or refrigerate for a week or freeze for longer.

Sweet Potato Fries

Ingredients:

- 6-7 large sweet potatoes
- Cinnamon
- Brown sugar
- Olive oil

Preheat oven to 450 degrees. Wash the potatoes, cut in half, and then slice the potatoes to "fry" size. Place into a bowl and drizzle with olive oil and sprinkle generously with cinnamon. Shake around to coat. Sprinkle VERY lightly with brown sugar. Place on a cookie sheet and cook for 15 minutes. Then flip and cook 10 more minutes.

Homemade Granola

Ingredients

- 2 teaspoons olive oil
- 1 1/4 cups regular rolled oats
- 1/8 cup flax meal
- 1 teaspoon cinnamon
- Pinch of salt

- 1/4 cup apple juice (100% juice)
- 2 tablespoons maple syrup
- 2 tablespoons honey
- Dried fruit such as apricots, raisins, apples, etc.

Directions

1. Preheat oven to 325 degrees. Lightly grease baking sheet with olive oil. In a medium bowl, combine the oats, flax meal, cinnamon, and salt. Mix well. In a small bowl combine the apple juice, maple syrup and honey. Mix well.
2. Add the wet ingredients to the dry ingredients, stirring until the mixture is fully combined and moist. Spread the mixture on the greased baking sheet and bake for 15 minutes.

Remove from the oven and stir, breaking the large chunks into smaller pieces. Bake for an additional 8 minutes or until crisp. Remove from oven and allow to cool. While still warm, stir to break up any remaining chunks. Add dried fruits and mix.

Baked Chicken Nuggets (makes 30 nuggets)

- 3 skinless, boneless chicken breasts
- 1 cup Italian seasoned bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1 tablespoon dried basil

- 1/2 cup butter, melted

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Cut chicken breasts into 1 1/2-inch sized pieces. In a medium bowl, mix together the bread crumbs, cheese, salt, thyme and basil. Mix well. Put melted butter in a bowl or dish for dipping.

Dip chicken pieces into the melted butter first, then coat with the breadcrumb mixture. Place the well-coated chicken pieces on a lightly greased cookie sheet in a single layer, and bake in the preheated oven for 20 minutes.

Banana Oatmeal Cookies

Ingredients

- 1 cup banana (mashed ripe)
- 2 cups oatmeal
- 12 tsp. vanilla
- 1/4 cup applesauce
- 1/3 cup raisins
- 12 tsp. cinnamon

Heat oven to 350 degrees.

Mix all ingredients until moist. Use old-fashioned rolled oats or quick-cook oats. Mixture will be gooey and sticky. That is normal. Drop by tablespoonful onto ungreased baking sheet.

Flatten to desired thickness and shape, as cookies WILL NOT spread on baking. Bake at 350 degrees for 15 minutes.

Blueberry Muffins

Ingredients

- 3/4 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1/2 cup plus 2 tablespoons toasted wheat germ
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2/3 cup plus 1 tablespoon brown sugar
- 3/4 cup 2% milk
- 1/4 cup coconut oil
- 2 eggs, lightly beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups blueberries
- 1/4 cup rolled oats

Directions

1. Preheat oven to 375 degrees. Line a 12-cup muffin pan with paper liners. In bowl whisk together whole-wheat flour, all-purpose flour, 1/2 cup toasted wheat germ, baking powder, salt, and 2/3 cup brown sugar. Make a well in center of bowl and add milk, coconut oil, eggs, and vanilla extract. Gently mix until just combined. Fold in blueberries.

Divide batter among muffin cups. Combine 2 Tbsp. toasted wheat germ, 1 Tbsp. brown sugar, and rolled oats in a small bowl. Sprinkle over tops of muffins. Bake until a toothpick inserted in center comes out clean, 20 to 22 minutes. Let sit in pan 10 minutes. Transfer muffins to a rack to cool.

Healthy Oatmeal Pumpkin Pancakes:

Ingredients:

- 1 cup white/ whole-wheat flour
- 1/2 cup rolled oats (old fashioned)
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- Pinch ground nutmeg
- Pinch ground ginger
- Pinch salt
- 1/2 cup sweetener (12 Stevia packets)
- 2/3 cup boxed pumpkin purée (not pumpkin pie filling)
- 2 eggs
- 2 Tablespoons olive oil
- 3/4 cup milk

Instructions

Heat a large frying pan over medium heat. In a large mixing bowl, whisk together the flour, oatmeal, baking power, spices and Stevia or sugar. Add the remaining ingredients and stir until combined. Coat pan with oil. When the pan is hot enough, spoon some of the batter onto the frying pan and spread it slightly into a circle. When the pancakes are set on top, flip it and fry for a couple of minutes until both sides are golden brown. Serve with maple syrup or agave syrup

Granola Recipe

Ingredients

- 6 cups old-fashioned oats
- 1/4 cup seeds, such as sunflower, pepitas,

- etc.
- 1/3 cup flaxseed meal, wheat germ, or a mixture of the two
 - 3/4 teaspoon ground cinnamon
 - 3 large egg whites
 - 3/4 teaspoon kosher salt
 - 3/4 cup sweetener, such as honey, agave syrup, or molasses
 - 1/3 cup extra-virgin olive oil
 - 1 cup dried fruit, such as sour cherries, cranberries, currants, raisins, apricots, figs, or pineapple, coarsely chopped

Directions

1. Preheat oven to 350 degrees.
2. Combine the oats, nuts, seeds, flax and/or wheat germ, and cinnamon in a large bowl. In another bowl, whisk the egg whites and the salt until frothy. Whisk in the sweetener and the olive oil. Add wet ingredients to dry ingredients, and stir until the oats are evenly coated.
3. Transfer mixture to two rimmed baking sheets and spread flat.
4. Bake for 20 minutes, and then gently flip with a spatula, moving granola from the outer edges to the center of the sheet. Continue to cook until golden, about 10 minutes more. (If the granola starts to brown too much at the edges, gently stir those parts into the middle.)

Cool completely on pan, then transfer to a bowl and gently stir in the dried fruit.

GUIDES AND RESOURCES

QUICK GUIDE TO PESTICIDES:

Pesticides affect children more dramatically than adults. The American Academy of Pediatrics has urged to have children avoid pesticides when at all possible due to negative health effects. The foods with the highest pesticides and contaminants are generally those with thinner skins. The Environmental Working Group (EWG.COM) posts a list each year of the most contaminated fruits and vegetables.

THE CLEAN 15

1. onions
2. Sweet corn (NON-GMO)
3. Pineapples
4. Avocado
5. Cabbage
6. Sweet peas
7. Asparagus
8. Mangoes
9. Eggplant
10. Kiwi
11. Cantaloupe (domestic)

12. Sweet potatoes
13. Grapefruit
14. Watermelon
15. Mushrooms

THE DIRTY DOZEN

1. Apples
 2. Celery
 3. Sweet bell peppers
 4. Peaches
 5. Strawberries
 6. Nectarines (imported)
 7. Grapes
 8. Spinach, lettuce and leafy greens
 9. Cucumbers
 10. Blueberries (domestic)
 11. Potatoes
 12. Green Beans
- * CORN, MEAT AND DAIRY

To learn more visit www.ewg.com

“Don’t eat anything your great-great grandmother wouldn’t recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn’t recognize as food. Stay away from these” ~Michael Pollan

QUICK GUIDE TO ARTIFICIAL COLORS, FLAVORS AND SWEETENERS

Artificial Colors

- Around the turn of the 20th century, scientists began formulating synthetic colors, which is derived from coal tar.
- In the 1970s, scientific testing pointed to Red #2’s potential carcinogenic properties (caused intestinal tumors in rats), and it was banned. Yellows #1, #2, #3, and #4 are among the others that have since been made illegal, and Yellow #5 is currently undergoing further testing for links to hyperactivity, anxiety, migraines and cancer (the color has already been banned in many European countries).
- The link between artificial colors and behavioral problems is a concern, especially for parents of children diagnosed with ADHD.
- After a study in 2007 at the University of Southampton, the six dyes that came to be known as the “Southampton Six” were linked to hyperactivity in children, and now require warning labels in the E.U.

Artificial Sweeteners

Sucralose (Splenda) (*From Medicinenet.com*)

- “The most misunderstood fact about sucralose is that it is nothing like sugar even though the marketing implies that it is. Sucralose was actually discovered while trying to create a new insecticide. It may have started out as sugar, but the final product is anything but sugar. ... sucralose is made when sugar is treated with trityl chloride, acetic anhydride, hydrogen chlorine, thionyl chloride, and methanol in the presence of dimethylformamide, 4-methylmorpholine, toluene, methyl isobutyl ketone, acetic acid, benzyltriethylammoniumchloride, and sodium methoxide, making it unlike anything found in nature
- The presence of chlorine is thought to be the most dangerous component of sucralose. Chlorine is considered a carcinogen and has been used in poisonous gas, disinfectants, pesticides, and plastics. The digestion and absorption of sucralose is not clear due to a lack of long-term studies on humans. The majority of studies were done on animals for short lengths of time. The alleged symptoms associated with sucralose are gastrointestinal problems (bloating, gas, diarrhea, nausea), skin irritations (rash, hives, redness, itching, swelling), wheezing, cough, runny nose, chest pains, palpitations, anxiety, anger, moods swings, depression, and itchy eyes. The only way to be sure of

the safety of sucralose is to have long-term studies on humans done.

Saccharin (*From Medicinenet.com*)

- According to a report written in 1997 by the Center for the Science in Public Interest (CSPI) in response to the National Toxicology Program (NTP) removing saccharin from the list of potential carcinogens, "It would be highly imprudent for the NTP to delist saccharin. Doing so would give the public a false sense of security, remove any incentive for further testing, and result in greater exposure to this probable carcinogen in tens of millions of people, including children (indeed, fetuses)... Thus, we urge the NTP on the basis of currently available data to conclude that saccharin is 'reasonably anticipated to be a human carcinogen' because there is 'sufficient' evidence of carcinogenicity in animals (multiple sites in rats and mice) and 'limited' or 'sufficient' evidence of carcinogenicity in humans (bladder cancer) and not to delist saccharin
- Another possible danger of saccharin is the possibility of allergic reactions. The reaction would be in response to it belonging to a class of compounds known as sulfonamides, which can cause allergic reactions in individuals who cannot tolerate sulfa drugs. Reactions can include headaches, breathing difficulties, skin eruptions, and diarrhea. It's also believed that the saccharin found in

some infant formulas and can cause irritability and muscle dysfunction. For these reasons, many people still believe that the use of saccharin should be limited in infants, children, and pregnant women.

- A recent study found that Splenda affected the absorption of medications in rats. The rats were given sucralose at doses of 1.1-11 mg/kg. After 12-weeks, they found that the rats had half of the good bacteria in the gut. They also found that Splenda interferes with the absorption of prescription medications.

Aspartame (From Medicinenet.com)

- “Of the 166 studies felt to have relevance for questions of human safety, 74 had NutraSweet industry (those who make aspartame) related funding and 92 were independently funded. One hundred percent of the research performed by the company who makes aspartame confirmed aspartame’s safety, whereas 92% of the independently funded research found problems with consuming aspartame.”
- “Dr. Roberts reports that by 1998, aspartame products were the cause of 80% of complaints to the FDA about food additives. Some of these symptoms include headache, dizziness, change in mood, vomiting or nausea, abdominal pain and cramps, change in vision, diarrhea, seizures/convulsions, memory loss, and fatigue. Along with these symptoms, links to aspartame are made for

fibromyalgia symptoms, spasms, shooting pains, numbness in your legs, cramps, tinnitus, joint pain, unexplainable depression, anxiety attacks, slurred speech, blurred vision, multiple sclerosis, systemic lupus, and various cancers.“

QUICK GUIDE TO GMOS

What's a GMO?

A GMO (genetically modified organism) is the result of a laboratory process of taking genes from one species and inserting them into another in an attempt to obtain a desired trait or characteristic, hence they are also known as transgenic organisms. This process may be called either Genetic Engineering (GE) or Genetic Modification (GM); they are one and the same.

What are the problems created through genetic engineering of food and crops?

Genetic engineers continually encounter unintended side effects – GM plants create toxins, react to weather differently, contain too much or too little nutrients, become diseased or malfunction and die. When foreign genes are inserted, dormant genes may be activated or the functioning of genes altered, creating new or unknown proteins, or increasing or decreasing the output of existing proteins inside the plant. The effects of consuming these new combinations of proteins are unknown.

Hasn't research shown GM foods to be safe?

No. The only feeding study done with humans showed that GMOs survived inside the stomach of the people eating GMO food. No follow-up

studies were done.

Various feeding studies in animals have resulted in potentially pre-cancerous cell growth, damaged immune systems, smaller brains, livers, and testicles, partial atrophy or increased density of the liver, odd shaped cell nuclei and other unexplained anomalies, false pregnancies and higher death rates.

The American Academy of Environmental Medicine (AAEM)* recently released its position paper on Genetically Modified foods stating that "GM foods pose a serious health risk" and calling for a moratorium on GM foods.

Citing several animal studies, the AAEM concludes **"there is more than a casual association between GM foods and adverse health effects" and that "GM foods pose a serious health risk in the areas of toxicology, allergy and immune function, reproductive health, and metabolic, physiologic and genetic health."****

The AAEM further called for a moratorium on GM food, with implementation of immediate long-term safety testing and labeling of GM food. They recommended that Physicians to educate their patients, the medical community and the public to avoid GM foods and to consider the role of GM foods in their patients' disease processes. The AAEM is just one of many organizations worldwide calling for these steps to be taken.

What foods are GM?

Currently commercialized GM crops in the U.S. include soy (94%), cotton (90%), canola (90%), sugar beets (95%), corn (88%), Hawaiian papaya (more than 50%), zucchini and yellow squash (over 24,000 acres).

What are other sources of GMOs?

Products derived from the above, including oils from all four, soy protein, soy lecithin, cornstarch, corn syrup and high fructose corn syrup among others. Also:

- Meat, eggs, and dairy products from animals that have eaten GM feed (and the majority of the GM corn and soy is used for feed);
- Dairy products from cows injected with rbGH (a GM hormone);
- Food additives, enzymes, flavorings, and processing agents, including the sweetener aspartame (NutraSweet®) and rennet used to make hard cheeses;
- And honey and bee pollen that may have GM sources of pollen.
- Non-food items that may contain GM ingredients include cosmetics, soaps, detergents, shampoo and bubble bath. Pharmaceutical companies use Aspartame in some laxatives, supplements and children's vitamins.

*FOR MORE INFO DOWNLOAD THE FREE
NON-GMO SHOPPING GUIDE
<http://www.nongmoshoppingguide.com/>*

RESOURCES FOR PARENTS

Some great jump-starts to a healthier lifestyle!

BOOKS:

Rich Food Poor Food- Dr Jayson Calton

Great Book on Healthy Food and Common Health Issues

LINKS AND WEBSITES:

What Pesticides are on Your Food?

www.whatsonmyfood.com

Guide to Pesticides/ Clean 15 and The Dirty Dozen

<http://www.ewg.org/foodnews/>

What is the Nutritional Value of a Food?

www.nutritiondata.com

Are Your Products Toxic? Plug in Your Personal Care Products to Find out Their Toxicity and Search For Safe Choices

www.cosmeticsdatabase.com

Search Your Cleaners To Find Out Their Toxicity Level

<http://www.ewg.org/guides/cleaners>

AAP Makes Recommendations to Reduce Children's Exposure to Pesticides

<http://www.aap.org/en-us/about-the-aap/aap-press-room/pages/AAP-Makes->

Recommendations-to-Reduce-Children%27s-
Exposure-to-Pesticides.aspx

Pesticide Exposure In Children- American
Academy Of Pediatrics
[http://pediatrics.aappublications.org/content/130/
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