St. David Unified School District #21
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Arizona Healthy Schools Act Snack Shopping Guide

Always verify ingredient labels. Avoid: Red 40, Red 3, Yellow 5, Yellow 6, Blue 1, Blue 2, Green 3, Titanium dioxide, BVO, Potassium bromate, Propyl paraben.

🟢 GREEN LIGHT –Compliant (Verify Label)

- Fresh fruit and vegetables
- String cheese
- Original pretzels
- Original Cheez-It crackers
- Original Oreo cookies
- Original Oreo Thins
- Graham crackers
- Original Triscuits
- SkinnyPop or plain popcorn
- LesserEvil popcorn
- GoGo squeeZ applesauce
- Unsweetened applesauce cups
- Raisins
- Freeze-dried fruit
- Bare Apple Chips
- Harvest Snaps (verify flavor)
- Plain yogurt
- Roasted chickpeas

🟡 YELLOW LIGHT – Check the Label

- Goldfish varieties
- Pirate's Booty
- Granola bars
- Fruit snacks
- Rice Krispies Treats
- KIND bars
- Nature Valley bars
- Popcorn with cheese/ranch flavors
- Specialty cookies

🔴 RED LIGHT – Commonly Not Compliant

- Skittles
- Starburst
- Sour Patch Kids
- Airheads
- Nerds
- Fruit Roll-Ups
- Fruit by the Foot
- Brightly frosted cupcakes
- Colored sprinkles
- Many sports drinks
- Hawaiian Punch
- Kool-Aid Jammers