



STORE-BOUGHT FOODS

FOR CLASS PARTIES & CELEBRATIONS

As you plan for class birthdays, parties, and events, we ask that store-bought cakes, cupcakes, cookies, candy, doughnuts, soda, and juice boxes remain at home. If you are short on time, here are some store-bought food ideas that are healthier options. TGS values providing a place where students can have wholesome and nourishing foods to help them to focus, learn, and grow. You can help by bringing food to class parties and events that incorporate vegetables, fruits, proteins, and other whole “real” food that provide energy for the school day.

The store-bought foods listed in this booklet try to avoid artificial sweeteners, high fructose corn syrup, food dyes, canola and vegetable oils, and artificial flavors. These items can be found at Publix, Target, Walmart, Sprouts, Whole Foods, or Amazon. Check ahead on availability and flavors. Also, inform teachers of treats so teachers are able to ensure families who have children with allergies may provide an alternative.

Every family is unique to what is a “sweet treat,” so let’s be mindful of what is served to our students in class and bring in foods that are fresh and wholesome.

Cookies

Try to avoid vegetable and canola oil, artificial sweeteners and flavors, and high fructose corn syrup.

1. Enjoy Life Cookies
2. Simple Mills
3. Maxine's Heavenly
4. Partake Cookies
5. Annie's
6. MadeGood
7. Benton's (Aldi)
8. Back to Nature
9. Kodiak



Ready to Bake Cookies

1. Sweet Loren's



Cookie Platters

1. Publix Greenwise Cookie Platter
2. Sprouts Vegan Chocolate Chip Platter





Popsicles, Ice Cream, and Frozen Desserts

Try to avoid high fructose corn syrup, artificial sweeteners and flavors, and food dyes.

1. GoodPop
2. Jonny Pops
3. Outshine
4. DeeBee's Organics
5. Good & Gather (Target)
6. Chloe's
7. So Delicious
8. Halo Top
9. Jeni's Ice Creams
10. Greenwise Organic Ice Cream (Publix)
11. Tru Fru
12. Chocolate covered strawberries and bananas (Sprouts)





Crackers and Popcorn

Try to avoid vegetable and canola oil, food dyes, artificial sweeteners and flavors.

Crackers:

1. Simple Mills
2. Crunchmaster
3. Annie's
4. Back to Nature
5. Greenwise (Publix)

Popcorn:

1. Boom Chicka Pop
2. Lesser Evil
3. Skinny Pop
4. PopCorners





Chips

Try to avoid vegetable and canola oil, food dyes, artificial sweeteners and flavors.

Chips:

1. Siete
2. Hippeas
3. Late July
4. Jackson's Sweet Potato Chips
5. Boulder Canyon
6. The Good Crisp
7. Greenwise (Publix)





Bars

Look for a bar that has high protein and low sugar, especially added sugar. Try to avoid vegetable and canola oil, artificial sweeteners and flavors, and high fructose corn syrup.

1. Simple Mills
2. Cascadian Farm
3. Kodiak
4. Dave's Killer Bread Bars
5. Sweet Loren's Breakfast Biscuits
6. GoMacro Bar
7. LARABAR
8. RXBARS
9. Greenwise (Publix)
10. MadeGood Bars





Granola

Try to avoid vegetable and canola oil, artificial sweeteners and flavors, and high fructose corn syrup.

1. Back to Nature
2. Nature's Path Organic
3. Purely Elizabeth
4. Dave's Killer Bread Snack Bites
5. Bear Naked Granola
6. Cascadian Farm
7. Bob's Red Mill





Waffle/Pancake Mix, Frozen Waffles, and Syrups

Avoid artificial sweeteners and flavors, high fructose corn syrup, vegetable and canola oil, and cornstarch.

Mix:

1. Simple Mills
2. Annie's
3. Kodiak
4. Arrowhead Mills
5. Birch Benders
6. 365 Gluten Free Pancake Mix (Whole Foods)

Frozen Waffles:

1. Kodiak
2. Nature's Path Organic
3. Van's
4. Birch Benders
5. Organic Waffles (Sprouts)
6. Mason Dixie Biscuit Co. Waffles
7. Evergreen (Sprouts)

Frozen Pancakes:

1. 365 Frozen Dutch Style Pancake Bites (Whole Foods)

Syrups:

1. Maple Gold, Spring Tree, Highland Sugarworks (Publix)
2. SAPJACK (Sprouts and Walmart online)
3. Good & Gather 100% Pure Maple Syrup (Target)
4. Shady Maple Farms Grade A (Sprouts and Whole Foods)



Lemonades and Fruit Juice in Bulk

Mix with sparkling water to serve a large crowd.

Whole Foods

1. Organic Blueberry Lemonade Reduced Sugar Juice
2. Organic Reduced Sugar Apple Juice
3. Organic Watermelon Strawberry Reduced Sugar Juice
4. Orange Strawberry Juice
5. Martinelli's Apple Juice

Sprouts

1. Organic Classic Lemonade
2. Organic Raspberry Lemonade
3. Uncle Matt's Organic No Sugar Added Lemonade

Whole Foods

1. Kennesaw Orange Juice
2. Natalie's Local Orange Juice
3. Indian River Select Florida Orange Juice

Sprouts

1. Uncle Matt's

All Stores

1. Simply Orange
2. Simply Lemonade



Candy

Use sparingly. These are free of food dyes, artificial sweeteners and flavors, high fructose corn syrup, and cornstarch.

1. SmartSweets Brand
2. Lily's
3. YumEarth
4. Unreal Candy
5. Rip Van Gummy Worms Mixed Fruit
6. Justin's





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