

The Bradford Food Guide



Green Light Food

Offer Freely

Fruit

- Fresh fruit: apples, apricots, bananas, berries (blackberries, blueberries, strawberries, raspberries), cherries, citrus (grapefruit, oranges), grapes (red, green or purple), kiwis, mango, melon (cantaloupe, honeydew, watermelon), nectarines, peaches, pears, pineapple, plums
- Unsweetened applesauce
- Fruit cups and canned fruit in 100% fruit juice
- Dried fruit with no added sugar raisins, apricots, pineapple
- Fruit leather without added sugar-Nature Value, Stretch Island

Vegetables

- Raw Vegetables: avocado, broccoli, carrots, cauliflower, celery, cucumber, edamame, peppers (green, red, yellow), snap peas, snow peas, string beans, tomatoes, zucchini
- Dip/Dressing
- Hummus
- Guacamole, Salsa
- Bean Dip
- Cream Cheese
- Alternative Nut Butters
- Low-Fat Salad Dressing

Whole Grains (Whole Grain is listed as the first or almost first ingredient)

- Whole Grain Bread Products- English
- Muffins, Tortillas, Pita, Bread

- Whole Grain Breakfast Cereal with lower sugar content
- Whole Grain Crackers
- Rice Cakes
- Popcorn
- Low-fat Whole Grain/Vegetable Chips-Baked tortilla chips, Sweet potato chips
- Whole Grain pretzels, breadsticks

Low Fat Dairy

- Low Fat, Low Sugar Yogurt
- Low Fat Cheese

Protein

- Eggs- Hard Boiled
- Lean Deli Meat (optimally processed without added preservatives/chemical sodium nitrite/nitrates)

Beverages

- Water, sparkling water, milk and dairy alternatives (rice, soy, coconut), herbal ice tea, 100% fruit juice



Yellow Light Food

Offer Springly

Fruit

- Fruits processed with some added sugar such as fruit cups, dried fruit or fruit leather

Grains/Carbohydrates

- Products without whole grain as the first ingredient and added sugar (crackers, chips, bars, pretzels, graham crackers, cookies)

Dairy

- Products with higher sugar content or fat content
 - Flavored Milk
 - Certain Yogurt Products



Red Light Food

Please Avoid If Possible

- ⇒ Any items with artificial colors or flavorings
- ⇒ Any items with Trans Fats: hydrogenated/partially hydrogenated oils
- ⇒ Any items with refined sweeteners and no nutritional value
- Candy**
- ⇒ Any items with high fructose corn syrup
- ⇒ Any items with artificial sweeteners
- ⇒ Any items heavily processed or salted
- ⇒ Any items with caffeine

Soda is not welcome at Bradford Elementary School

The 70/30 Guideline

Events, Parties, Snacks at Bradford can follow the simple guidelines of attempting to provide 70% or more of food choices from the Green Light List and use judgement when supplying foods from the Yellow and Red Light Lists.

The Good Choice List

These brands offer good choices for snacks, party and event food.

Annie's, A&P Greenway, Barbara's, Cascadian Farms, Garden of Eatin', Good Health Natural Goods, Healthy Valley Organic, Kashi, Late July, Nature's Path, Newman's Own, Pirate Brands, Organic Valley, Snackanimals, Stonyfield, Stretch Island Fruit Co., Terra, Trader Joes and 365 Everyday Value.