

Snacks Survey Results

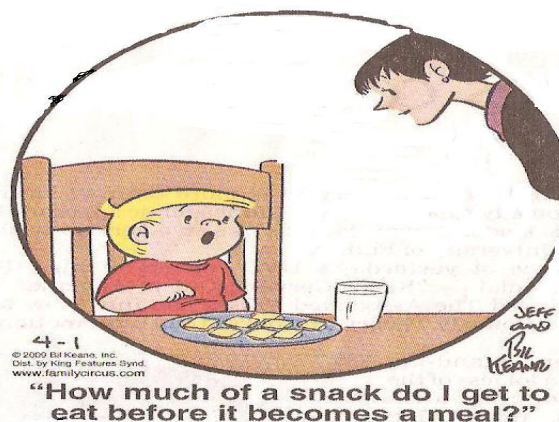
2/11/2009

Description	Clara Barton (11 Return)		A.M. Chaffee (26 Return)		Totals	
	AM	PM	AM	PM	AM	PM
Water	14	12	32	27	46	39
100% Juice	1	8	2		3	8
Milk			23	19	23	19
Drinks (Some may be 100% Juice - Can't be Sure)	19		101	85	120	85
Fruit	5	20	28	29	33	49
Yogurt		4	4	6	4	10
Vegetables				1		1
Okay Snacks	27	23	61	55	88	78
High Sugar	22	31	42	57	64	88
High Fat/Sodium	29	19	47	39	76	58

THE FAMILY CIRCUS by Bil Keane

Water (85 Students)	25%
100% Juice (11 Students)	3%
Milk (42 Students)	12%
Drinks (205 Students)	60%
Total Students = 343	
Fruit (82 Students)	15%
Yogurt (14 Students)	2.50%
Vegetables (1 Student)	0.50%
Okay Snacks (166 Students)	30%
High Sugar (142 Students)	28%
High Fat/Sodium (133 Students)	24%
Total Students = 550	

(Mostly K & Pre-K)



Snacks Survey Results

ITEMS LISTED BELOW ARE ACTUAL EXAMPLES OF WHAT WAS BROUGHT TO SCHOOL FOR SNACKS ON 2-11-2009*

Descriptions	Est. Cost	Calories	Grams of Fat	Sodium mg.	Sugars grams	Carbohydrates
Drinks						
Capri Sun (100% Juice)	0.35	100	0	25 mg	23g	17
Capri Sun (10% Juice)	0.28	70	0	15 mg	18g	11
Kool-Aid (5% Juice)	0.25	90	0	20 mg	23g	23
Adam & Eve (100% Juice)	0.44	100	0	25 mg	21g	25
Juicy Juice (100% Juice)	0.45	100	0	15 mg	22g	25
G2 (?)	0.67	80	0	160mg	15g	21
Hi C (10% Juice)	0.30	100	0	15mg	26g	27
Sunny D (5% Juice)	0.50	80	0	140mg	16g	

Snacks						
Chips	0.25	120	8g	140mg	2g	11
Doritos	0.35	150	8g	180mg	1g	17
Cheetos	0.39	120	4.5g	210mg	1g	26
100 Calorie Snacks (Variety)	0.34	100	2g	160mg	18g	18
Pop Tarts (Whole Grain)	0.29	200	5g	190mg	18g	37
Cheez Its	0.50	150	8g	300mg	0	17
Devil Dogs	0.50	170	7g	125mg	20g	27
Granola Bars	0.29	180	6g	150mg	11g	26
Ritz Bits	0.48	140	8g	230mg	3g	16
Gold Fish	0.50	130	4.5g	240mg	1g	20
Animal Crackers	0.50	200	9g	190mg	14g	30
Pringles	0.37	150	9g	150mg	1g	15
Fruit Snacks	0.53	90	1g	45mg	12g	20
Pretzels	0.39	110	1g	450mg	0	23
Rice Krispie Treats	0.50	90	2.5g	105mg	7g	17
Fig Newtons	0.48	100	0	230mg	12g	39
Roll Ups	0.32	50	1g	55mg	7g	12
Rice Cakes	0.19	35	0	15mg	0	7
Honey Buns	0.27	220	12g	170mg	13g	26

***Including:**

Girl Scout Cookies
 Cake
 Donuts
 Cheese Puffs
 Coffee Cake
 Flavored Popcorn
 Brownies

Nuts ?
 String Cheese
 Pudding
 Yogurt & Yogurt Drinks
 Graham Crackers
 (1) Carrot Sticks & Dip
 Fruit - Canned & Fresh