A star $k$-coloring is a proper $k$-coloring such that the union of two color classes induces a star forest. While every planar graph is 4-colorable, not every planar graph is star 4-colorable. One method to produce a star 4-coloring is to partition the vertex set into a 2-independent set and a forest, where a 2-independent set is a set of vertices having pairwise distance more than 2. Such a partition is called an $I,F$-partition. We use the discharging method and other techniques to prove that every graph with maximum average degree less than $5/2$ has an $I,F$-partition, which is sharp and answers a questions of Cranston and West. This result implies that planar graphs of girth at least 10 are star 4-colorable, improving upon previous results of Bu, Cranston, Montassier, Raspaud, and Wang. (Received September 08, 2016)