



# HEALTHY SNACK SUGGESTIONS

Knowing what to send for a classroom snack or celebration can be stressful for parents. In our busy lives we want to provide something that the children will enjoy, is healthy, but also something that is not time consuming or expensive.

The **Wellness Committee** has some suggestions for parents in hopes of making snack time easier and less stressful.



## VEGETABLES

Baby carrots or sticks  
Cherry tomatoes  
Edamame  
Sliced bell peppers  
Sliced cucumbers  
Snow peas or sugar snaps



## FRUIT

Apples - small or slices  
(toss with a little fresh lemon juice to prevent browning)  
Pears  
Bananas  
Blueberries  
Raspberries  
Cantaloupe or other melon - cubed  
Clementines  
Grapes  
Oranges - cut into wedges  
Strawberries  
Watermelon cubes  
Unsweetened Applesauce, Fruit Cups (no added sugar)  
Dried fruit: apples, apricots, mangoes, and raisins

Please help your child's classroom teacher by providing snacks that are ready to eat, ie: washed pre-sliced, bagged or portioned as much as possible, and provide small paper plates or napkins if necessary.



## WHOLE GRAINS AND DAIRY

**Crackers:** whole grain or baked  
(Triscuits, Wheat Thins, Trader Joes Pita Bites- Multi Grain, Back to Nature Whole Grain)  
**Cheese:** string, sticks, cubed, sliced, can be served with crackers  
**Granola and cereal bars:** look for whole grain, low added sugar (Annie's, Trader Joes, Made Good)  
**Hummus:** serve with vegetables or crackers, pita chips, sliced pita or flatbread  
**Tortilla chips:** baked variety, can serve with salsa  
**Pretzels:** whole grain( Herr's Whole Grain , Newman's Own Spelt )

**Brown rice cakes** (Lundberg)  
**Individual yogurts:** low added sugar  
**Whole grain bread or rolls and butter**  
**Whole grain mini -** mini bagels or muffins with cream cheese or butter  
**Whole grain mini muffins**  
**Seeds:** roasted sunflower or pumpkin seeds are a good alternative, can be mixed with dried fruit  
**Nuts:** if your child's class is not a "nut free classroom" then nuts, and nut butters make a great snack!

\* Please be aware of **food allergies** in your child's classroom. Always check nut free suggestions before purchase. For an up to date guide for allergy safe options go to: <http://snacksafely.com>

Still looking for help to find foods meeting Smart-snacks guidelines. Visit <http://www.amazon.com/healthiergeneration>

**Remember** school snack time is for refueling little bodies and minds- so cookies, snack cakes and chips should be saved for treats at home, as they have low nutritional quality.  
Fruits and vegetables are the perfect "convenience" foods, so try to make them your first choice! In nut free classrooms they are also the easiest choice!