



HEALTHY SNACK SUGGESTIONS



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

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.

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 Gain, 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!