

Snack List

Healthy Snacks Your Child Can Bring to School!

To keep your child and the classroom safe please:

1. Check with your child's teacher if there are any allergy concerns
2. Add a frozen gel pack or frozen water to keep perishable snacks from spoiling

Fruits & Vegetables

**Choose frozen or canned fruits & vegetables with no sauce and no added sugar or heavy syrup*



- Any fresh fruit
- Canned fruit ~ 1/2 cup
- Dried fruit ~ 1/4 cup
- Chopped vegetables ~ 1/2 cup
- Salsa ~ 1/2 cup
- Guacamole ~ 2 tbsp

Try:

Fresh apple, pear, peppers, carrots, Wholly Guacamole, Motts Applesauce, Dole mandarin oranges

Protein Foods

**When choosing dairy, lower-fat options are best*



- Cheese ~ 1 oz = 1 slice, 1 string
- Yogurt ~ 1 cup
- Cottage cheese ~ 1/2 cup
- Hummus and other bean spreads ~ 2 tbsp
- Low salt nuts ~ 1/4 cup
- Nut butters ~ 2 tbsp
- Hard-boiled egg ~ 1 each

Try:

Laughing Cow and Cabot's dairy, Mini Babybel cheese, Teddy or Trader Joes natural peanut butter

Whole Grains

**Look for products with at least 2g of fiber per serving*



- Whole grain: crackers, pretzels, gold fish
- Rice cakes
- Popcorn (Look for "light")
- Whole grain: bread, bagels, tortilla, cereal
- Granola bar
- Tortilla chips

Try:

Triscuits, Cheerios, Nature Valley, Kashi, Kind, Belvita or Lara bars, granola, or cereal, and Garden of Eatin' whole grain chips



...making it easier for people to eat healthy and be physically active!



Keep in MIND

Having the right foods and beverages helps children learn!

5 Tips for healthy snacks to promote learning in school:

1. Food groups are **better together**. Try these tasty combinations:

- Dried fruit + whole grain cereal
- Fruit + whole grain crackers
- Vegetables + hummus
- Fruit + peanut/nut butter
- Fruit + cottage cheese
- Cheese + whole grain bread

2. When choosing **whole grains**:

- Look for the WHOLE GRAIN stamp OR make sure “whole grain” or “whole wheat flour” is the FIRST ingredient
- Look for products with at least **2 grams** of fiber per serving



3. To quench **thirst**:

- Pack tap **water** instead of juice to keep your child hydrated
- Encourage your child to drink water throughout the day by providing a reusable water bottle/container



4. The **amount** does count!

- Younger kids need less. For example: ½ sandwich, ½ cereal bar
- Remember some foods are filling and nutrient packed so you need less
For example: Nuts and avocados
- If you buy in bulk/family size use sandwich bags to portion out the right amount

5. Unhealthy snacks are unhelpful in the classroom. Less processed is best, that means the fewer ingredients the better!

Avoid salty, sugary, or greasy foods such as chips, candy, soda or sugary beverages.



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