

HEALTHY SNACK INFORMATION

Snacks are normal for kids and give them lots of energy to learn. Healthy snacks will give them energy *and* keep their bodies healthy! Please do not send your child to school with sodas, caffeinated beverages, sports drinks, candy, or sugar-filled treats.

Here are some healthy snack ideas to get you started for the new school year:

Drinks

Water is best! It is the only beverage permitted in classrooms with carpets. If juice is a must, go for 100% fruit juice - rather than a fruit drink.

Quick Snacks You Can Buy

- Fresh fruit that keeps in a backpack– apples, oranges, bananas (can include peanut butter as a dip)
- Applesauce, canned fruit, boxes of raisins
- Low-fat granola or cereal bars
- Pretzels
- Cheese sticks – part skim mozzarella
- Low and no-sugar cereal
- Yogurt in tubes – great frozen!
- Pita bread with hummus
- Chex mix or other healthy trail mix
- Mini rice or popcorn cakes
- Almonds, cashews, or pistachios

Have a bit more time for snacks and want to save some money?

- Cut up vegetables – carrots, cucumbers, broccoli, celery
- Cut up fruit - pineapple chunks & grapes are wonderful frozen!
- Trail mix – let the kids make their own with a healthy cereal, dried fruit, nuts and seeds
- Plain/graham crackers with peanut butter or cheese
- Bananas spread with peanut butter and rolled in nuts or seeds (frozen)
- “Ants on a log” celery sticks with cream cheese or peanut butter and raisins or granola
- Low-fat sweet breads such as pumpkin, banana, and zucchini

Worried about keeping snacks cold? Freeze some the night before or you can buy small ice packs to put into little zippered bags with snacks.