



## **Healthy Snacks for School**

Providing healthy snacks for children helps them grow and develop and supports life-long good eating habits. Serving nutritious snacks as part of a healthy diet can help prevent disabling diseases such as diabetes, heart disease, high blood pressure, and obesity. Just as important as serving healthy food items, is serving the right portion. Make sure a snack is a snack...small and satisfying. Please avoid sending foods of poor nutritional quality such as cookies, cakes, pastries, candies, fruit roll-ups, ice cream, chips, sodas, and other sweetened drinks.

**Following are just a few ideas of healthy snacks and drinks for you to bring to school when it's your turn to provide refreshments for the classroom, parties, birthday treats, and other school activities. If you have questions or other snack ideas, please contact your child's teacher.**

Fresh Fruit	String Cheese
Fresh Vegetables	Graham Crackers (2)
Fruit Juice Bars (w/real fruit)	Vanilla Wafers (5)
Dried Fruit (low sugar)	Whole Grain Crackers
Light Yogurt	Pretzels
Light Popcorn	Unsweetened Fruit Cups
Celery with dip	Whole Grain, Low Sugar Dry Cereals
Low Fat Cheese	Whole Grain, Low Sugar Granola Bars
Low-Fat Cottage Cheese Cups	<u>Mini</u> Bagels with Fruit Spread
Trail Mix (low salt, no candy)	Flavored Rice Mini Cakes
Finger Sandwiches	Turkey and Cheese Rolls
100% Fruit Juice (6 ounces)	100% Vegetable Juice (6 ounces)
Bottled Water, non-carbonated	Low Fat/Fat Free Milk

Let your child help you prepare these nutritious options and experiment with their creativity. For example, how about “Fresh Fruit Kabobs”, String Cheese Stuffed Celery”, “Cookie Cutter Sandwiches”, or “Cheese Cubes on a Pretzel Stick”? Show your child that healthy snacks can be fun and tasty.

**Before sending any food to school, please check with your child's teacher(s) to make sure there are no classmates with food allergies.**