Choose Smarter Snacks!

Healthy Eating = Healthy Kids
Better Learning + Better Behavior + More Energy + More Focus

Children need HEALTHY SNACKS to provide them with energy and nutrients during the school day. WHAT and HOW MUCH kids snack on is key. Snacks with protein and fiber are filling – smaller portions satisfy hunger and reduce food waste.

SUPPORT ONGOING EFFORTS TO MAKE SCHOOLS HEALTHIER. TEACH KIDS TO EAT HEALTHY NOW SO THEY MAKE GOOD FOOD CHOICES IN THE FUTURE!

Mix & Match
BE CREATIVE!

- Vegetables with hummus for dipping
- Fruit with yogurt for dipping
- Whole grain crackers with low-fat cheese
- Baked tortilla chips with salsa
- Whole grain tortilla with guacamole
- Whole grain cereal with skim milk
- Vegetables with low-fat ranch for dipping
- Whole grain pretzels with sliced fruit
- Popcorn and 100% juice
- Yogurt with fruit on top

Vegetables
carrot sticks, celery sticks, cucumber slices, red/yellow/orange pepper strips, cherry or grape tomatoes, broccoli edamame, ETC.

Dips
low-fat salad dressings, hummus, bean dips, guacamole, salsa, peanut butter (if allowed), low-fat plain yogurt

Fruits
apple slices, banana, pear slices, peach slices, grapes, orange slices, berries, watermelon, raisins/dried fruits, applesauce, ETC.

Nuts and Seeds
sunflower seeds, pumpkin seeds, nuts (if allowed in the school)

Dairy
low-fat or non-fat yogurt, low-fat string cheese, low-fat cheese cubes, cottage cheese

Beverages
water, 100% fruit juice, vegetable juice, low-fat or skim milk

Pretzels, etc.
pretzels (preferably whole grain), air-popped popcorn, baked potato chips, baked whole grain tortilla chips

Grains
WHOLE GRAIN: mini bagel, tortilla, english muffin, pita, crackers, slice of bread or toast, cereal