

# Suggested Snack List for Healthy RI Schools


Healthy snacks provide students with the energy and nutrients they need to fuel their body and brain. They also help students perform their best throughout the day. This suggested snack list is created to promote the goals of the District Wellness Policy regarding snacks brought in from home or served to students. Please use this list as a guide to help choose smarter snacks for the school day.

## If you are looking for something...


### Salty

- Sunflower seeds, 1.5 oz
- Pumpkin seeds, 2 oz
- Pretzels, 1 oz
- Low-fat cheese crackers, 1.5 oz
- Trail mix, 1 oz
- Baked chips, 1 oz


### Crunchy

- Apple, fresh 
- Carrot sticks, 1.3 oz
- Trail mix, 1 oz
- Cereal, 1 oz
- Sunflower seeds, 1.5 oz
- Bagel chips, 1 oz


### Creamy

- Non-fat yogurt, 6 oz 
- Low-fat yogurt, 6 oz
- Low-fat Greek yogurt, 6 oz
- Low-fat string cheese, one stick

### Sweet

- Pear, fresh 
- Apple, fresh
- Banana, ½ fruit
- Raisins, 1 oz
- Granola bar, 1

### Thirst-Quenching

- Orange slices, one orange 
- Cucumber slices, ½ cucumber
- Watermelon slices, 1 cup
- Water, any size
- 100% Fruit juice, 8 fl oz or less
- 100% Vegetable juice, 8 fl oz or less
- 1% or skim milk, 8 fl oz or less

Looking for a crunchy, sweet, and salty snack? Combine these ingredients in a small plastic bag to make a homemade trail mix!

- 5 mini pretzels
- ¼ cup whole grain cereal
- 1 tablespoon raisins
- 1 tablespoon sunflower seeds



## Classroom and School Celebrations

Snacks prepared from home can cause problems with food safety and food allergies and are not recommended.

However, if snacks are brought to classrooms from home, please make the effort to choose items, such as those on this sheet, that promote the goals of the District Wellness Policy.

## Keep snack sizes small!

Small packages of snacks keep portions under control. Try buying the snack-sized option, or to save money, make your own snack-size baggies from a larger package.



or

