



# Healthy School Snacks



Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure and obesity. Snacks play a major and growing role in children's diets. Between 1977 and 1996, the number of calories that children consumed from snacks increased by 120 calories per day.

**Below are ideas for teachers and parents for serving healthy snacks and beverages to children in the classroom. Parents please consider the suggested snack ideas for your individual child if you should send a snack to school with them or if you have been asked by the teacher to provide a classroom snack. Thank you for helping to keep our students healthy!**

## **FRUITS** - served whole, sliced, cut in half, cubed or in wedges

Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Grapefruit, Grapes (red, green, or purple), Honeydew Melon, Kiwis (cut in half and give each child a spoon to eat it), Mandarin Oranges, Mangoes, Nectarines, Oranges, Peaches, Pears, Pineapple, Plums, Raspberries, Strawberries, Tangerines, Watermelon, Applesauce, Fruit Cups, Canned Fruit, Dried Fruit, Frozen Fruit, Fruit Salad, Frozen Fruit Bars (healthy popsicles), smoothies

## **VEGETABLES** - served raw with dip or salad dressing

Broccoli, Carrot Sticks or Baby Carrots, Cauliflower, Celery Sticks, Cucumber, Peppers (green, red, or yellow), Snap Peas, Snow Peas, String Beans, Tomato Slices or grape or cherry tomatoes, Yellow Summer Squash Slices, Zucchini Slices, Dips, Salad, Soy, Veggie Pockets, Ants on a Log

## **HEALTHY GRAINS** - cookies, snack cakes and chips should be saved for occasional treats, given their poor nutritional quality

Whole Wheat English Muffins, Pita, Tortillas, Breakfast Cereal, Crackers, Rice Cakes, Popcorn, Baked Tortilla Chips, Granola and Cereal Bars, Pretzels, Breadsticks and Flatbreads

## **LOW-FAT DAIRY FOODS**

Yogurt, Low-Fat Cheese, Low-Fat Pudding and Frozen Yogurt

## **OTHER SNACK IDEAS**

Nuts (check to make sure none of the children has an allergy), Trail Mix, Luncheon Meat

## **HEALTHY BEVERAGES**

Water, Seltzer, Low-Fat and Fat-Free Milk, Soy and Rice Drinks, Fruit Juice

**Sierra Sands School Board Policy BP 5030: Student Wellness** (cf. 1230 - School-Connected Organizations) School staff shall encourage parents/guardians or other volunteers to support the district's nutrition education program by considering nutritional quality when selecting any snacks which they may donate for occasional class parties and by limiting foods or beverages that do not meet nutritional standards to no more than one food or beverage per party. Class parties or celebrations shall be held after the lunch period when possible.