

Healthy School Snack List

Fruit

- 100% fruit juice with no added sugar
- Fruit smoothies (made with frozen fruit with no added sugar and fat free or low-fat yogurt)
- 100% fruit juice slushies with no added sugar
- Fresh fruit trays, salads or kabobs
- Canned fruit or fruit cups (in water or 100% fruit juice)
- Frozen fruit or fruit cups (in water or 100% fruit juice)
- Frosty fruits --freeze your own fruit (frozen grapes make a great treat!)
- Applesauce (unsweetened)
- Dried fruit with no added sugar
- Fresh vegetable trays, salads or kabobs
- Fat free or low-fat yogurt (alone or as dip for fruits or vegetables)



Vegetables

- Raw Vegetables (ex. Carrots, snap peas, broccoli, cauliflower, sliced peppers, or celery)
- Dehydrated Vegetables (ex. Veggie chips, chickpeas, Edamame)

Low-fat Dairy/ Protein

- Yogurt parfaits (fat free or low-fat yogurt, fruit and whole grain cereal or granola as topping)
- Seed butter (serve with fruit or whole grain crackers)
*please be aware of allergies in your child's classroom
- Seeds/Trail mix made of nuts or seeds with no added sugar *please be aware of allergies in your child's classroom
- Low fat cheese cubes or string cheese (serve with fruit or whole grain crackers)
- Deli meats (serve with whole grain tortillas or crackers)
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Fat free or low-fat pudding

Whole Grains

- Whole grain pretzels (soft or crunchy)
- Low fat or air popped popcorn (no added butter or salt)

- Graham crackers/ animal crackers
- Small whole grain bagels or English muffins with jelly
- Whole grain cereal bars
- Whole grain crackers
- Baked whole grain tortilla chips
- Baked chips (small portions)



Drinks

- Water
- 1% or fat free milk
- 100% Fruit/Vegetable Juice

Dip Ideas

- Hummus, salsa, bean dip, honey mustard, yogurt-based dips

Remember ☺

Check ingredient statements and nutrition information to ensure items meet the USDA 'Smart Snacks in School' nutrition standards. See Alliance for Better Health website for a list of those standards:

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

Or use the Smart Snacks calculator to make sure your snack is approved.

<https://foodplanner.healthiergeneration.org/>

Check for food allergies of any students in the classroom before choosing any items to send to school.

Get creative!

Make it easy by shopping through Amazon.com to find the dedicated online store to already approved USDA snacks:

https://www.amazon.com/b/?&node=13951371011&suppress-ve=1&ref_=b2b_ahg_w

Healthy Children Learn Better!

**Tip Sheet Provided By:
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