



Healthy Prepackaged Snack Ideas

Recommended by School Nurses across Iowa

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. Here are just a few ideas of healthy snacks we suggest if you are asked to bring a snack to your child's classroom.

(Remember any regular sized package of crackers, dried fruit, cereal, yogurt, teddy grahams, ect, can and will be divided at school)

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| Carrot sticks (kids flip if they get Ranch dip with them) | Bags of the fruit/vegetable chips |
| Fresh Fruit (kids love them all: apples, bananas and grapes) | meat sticks |
| apple wedges (and low fat caramel dip produces big smiles) | Applesauce or fruit cups |
| Granola bars/nutri-grain bars | jello with fruit cups |
| Low fat mini yogurt cups or Gogurt | yogurt covered raisins or cranberries |
| 100 calorie packs- (but watch the fat and sugar) | Any vegetable with dip |
| Milk/cereal bars | Trail mix |
| Cheese sticks | Cheese and crackers |
| Cheese Cubes with pretzel sticks | Whole grain crackers and peanut butter |
| Individual boxes of Raisins | Mini bagels with fruit spread |
| Craisons | Flavored Rice Mini Cakes |
| Popcorn (you send it- we'll pop it!) | Graham crackers/ Animal Crackers |
| dried fruit (kids love dried bananas and apricots) | Cottage cheese cups |
| whole wheat crackers or pretzels | Fig Newtons |
| Blue Bunny Frozen Fruit Bars | Fruit Juice Bars |
| small bags of nuts or sunflower seeds | Pudding |
| Freeze individual choc milk boxes, cut the top off and have a great ice cream treat | |