## **Snack List**

Healthy Snacks Your Child Can Bring to School!

To keep your child and the classroom safe please:

- 1. Check with your child's teacher if there are any allergy concerns
- 2. Add a frozen gel pack or frozen water to keep perishable snacks from spoiling



#### Fruits & Vegetables

\*Choose frozen or canned fruits & vegetables with no sauce and no added sugar or heavy syrup

- Any fresh fruit
- Canned fruit ~ 1/2 cup
- Dried fruit ~ 1/4 cup
- Chopped vegetables ~ 1/2 cup
- Salsa ~ 1/2 cup
- Guacamole ~ 2 tbsp

#### Try:

Fresh apple, pear, peppers, carrots, Wholly Guacamole, Motts
Applesauce, Dole mandarin oranges



#### Protein Foods

- \*When choosing dairy, lower-fat options are best
- Cheese ~ 1 oz= 1slice, 1 string
- Yogurt ~ 1 cup
- Cottage cheese ~ 1/2 cup
- Hummus and other bean spreads ~ 2 tbsp
- Low salt nuts ~ 1/4 cup
- Nut butters ~ 2 tbsp
- Hard-boiled egg ~ 1 each

Try: Laughing
Cow and Cabot's
dairy, Mini
Babybel cheese,
Teddy or Trader
Joes natural
peanut butter



#### Whole Grains

- \*Look for products with at least 2g of fiber per serving
- Whole grain: crackers, pretzels, gold fish
- Rice cakes
- Popcorn (Look for "light")
- Whole grain: bread, bagels, tortilla, cereal
- Granola bar
- Tortilla chips

Try: Triscuits,
Cheerios, Nature
Valley, Kashi,
Kind, Belvita or
Lara bars,
granola, or cereal,
and
GardenofEatin'
whole grain chips





# Keep in MIND

Having the right foods and beverages helps children learn!

### 5 Tips for healthy snacks to promote learning in school:

1.	Food groups are	better together.	. Try these tasty	combinations:
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- O Dried fruit + whole grain cereal O Fruit + peanut/nut butter
- O Fruit + whole grain crackers O Fruit + cottage cheese
- O Vegetables + hummus O Cheese + whole grain bread

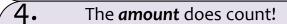
## 2. When choosing whole grains:

- O Look for the WHOLE GRAIN stamp OR make sure "whole grain" or "whole wheat flour" is the FIRST ingredient
- O Look for products with at least **2 grams** of fiber per serving



## 3. To quench thirst:

- O Pack tap **water** instead of juice to keep your child hydrated
- O Encourage your child to drink water throughout the day by providing a reusable water bottle/container



- O Younger kids need less. For example: ½ sandwich, ½ cereal bar
- O Remember some foods are filling and nutrient packed so you need less For example: Nuts and avocados
- O If you buy in bulk/family size use sandwich bags to portion out the right amount
- 5. Unhealthy snacks are unhelpful in the classroom. Less processed is best, that means the fewer ingredients the better!

**Avoid** salty, sugary, or greasy foods such as chips, candy, soda or sugary beverages.

