

Healthy Snack Ideas

Dear Parents,

We understand that it can be difficult to pack healthy snacks that your child will enjoy. Fruits and vegetables are always a good choice. Below are a variety of snack suggestions to help you and your child make healthy choices when packing snacks for school.

Beverages

- ♥ Water
- ♥ Low-fat or skim milk (white or flavored)
- ♥ Low-fat yogurt smoothie

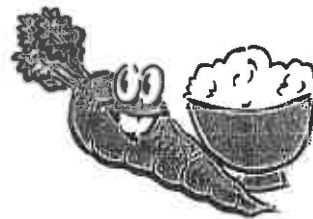


Dairy

- ♥ Low-fat yogurt
- ♥ String cheese

Fruits/Veggies

- ♥ Apple slices, bananas, strawberries, blueberries
- ♥ Melon balls
- ♥ Apple sauce
- ♥ Orange sections
- ♥ Fruit kabobs!
- ♥ Grapes or pineapple chunks
- ♥ Box of raisins
- ♥ Carrots or cucumbers with dip
- ♥ Celery sticks with peanut butter and raisins
- ♥ Sliced colored peppers
- ♥ Cherry tomatoes



Whole grains (look for "whole" on the label!)

- ♥ Whole grain crackers (with cheese or peanut butter)
- ♥ Goldfish (in whole grain)
- ♥ Pretzels or popcorn
- ♥ Trail mix
- ♥ Granola bars (avoid candy-type bars with chocolate, caramel, frosting, etc.)
- ♥ Graham or animal crackers

