

Healthy Snacks For Kids

Snacks are a very important part of your child's day. They provide energy for our children to make it from meal to meal. Too often, children are allowed to choose foods for snacks that are "fast" or convenient" and are low in essential whole grains, fiber, vitamins and minerals their bodies need to stay healthy. While fast and convenient snacks are okay to have on occasion, this guide will help you sort out what foods to offer your children for snacks every day versus ones that should be "saved" for special or weekly events.

General Guidelines for everyday snacks:

- Keep snacks small (100 or less calories)
- Encourage fruits and vegetables at snacks to achieve the Food Guide Pyramid's recommendations for "5 a Day"
- Please do not send juice to school for snack.
- Read labels – avoid foods where the primary ingredient is high fructose corn syrup or sugar and white flour
- Plan ahead with your children to make healthy snacking a success
- **Snacks that will be eaten in the classroom must be Peanut/Nut safe to protect students with special dietary considerations**

Daily Snack Choices

½ whole grain sandwich(cheese, meat)	Fruit bread (raisin bread)
½ whole grain English muffin	Rice cakes
Low fat popcorn	Pretzels, Fish Crackers
Pita triangles with cheese Fish Crackers	Whole grain tortilla, cream cheese, fruit (healthy version of a fruit roll up)
Reduced fat or whole grain snack crackers (snack size - baggie limit)	Whole grain cereals (NO NUT products) (snack size – baggie size limit)
Fruit slices with yogurt dip	Raisins, Craisins, Dried fruits
Fruit(cut up, easily to peel, ready to eat)	String cheese, cheese slices or cubes
Raw vegetables with dip (dip should be peanut safe)	Yogurt / Gogurts

Candy and sugary treats will **not** be allowed during snack time. Beware of portion sizes; remember this is a snack, not a meal. To avoid losing valuable classroom instructional time, snacks need to be eaten within 5 minutes and not messy.

Thank you for helping our school and your child develop healthy eating habits!