

# HEALTHY SCHOOL SNACKS

HEALTHY KIDS ARE BETTER LEARNERS

## WHY HEALTHY SNACKS?

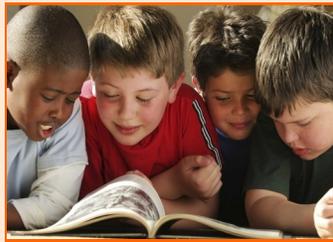
National attention is focused on two childhood problems: rising obesity rates and improving academic success. Research shows the important role that good nutrition plays in improving both health and learning in students.



The classroom can provide a good learning environment for students to develop good habits - even good eating habits. We ask for your partnership in creating the best possible learning environment for your child by supporting healthy school snacks.

## CLASSROOM CELEBRATIONS

There is no expectation that children provide treats on their birthday. If you feel you would like to honor your child at school, consider other ways to celebrate such as donating a book in his/her name to the library or supplies for your child's favorite activity, art project or game.



If you choose to bring food to share for a celebration, it should meet the wellness policy guidelines. We request healthy snacks that will encourage good eating habits. Due to food safety concerns, home prepared foods are not allowed.

## PACKABLE PLEASURES

- Cheese chunks**
- String cheese**
- Yogurt**
- Hard boiled eggs**
- Nuts or seeds**
- Turkey slice rolled up**
- Sesame sticks**
- Trail mix**
- Snap peas and carrots**
- Cherry tomatoes**



- Apple slices**
- Clementines, grapes, banana**
- Raisins, dried fruit mix**
- Whole grain bagel or tortilla**
- Whole grain crackers with peanut butter**
- Cheerios**
- Graham crackers**
- Pretzels**
- Rice cakes**



## Tooth Truth

The candies, cakes, cookies, and other sugary foods that kids love to eat between meals can cause tooth decay.

For a better dental check up, avoid sugary snacks and beverages such as pop, sugar sweetened drinks, and sticky foods such as taffy and caramel corn.



The best snacks for kids are fruits and vegetables. Individually packaged snacks that meet the recommendations for classroom snacks to share are:

- **100% fruit and / or vegetable juice boxes**
  - **Light or low fat yogurt**
- **Low fat string cheese, individually wrapped**
  - **Granola bars**
- **Trail mix or raisin boxes**
- **Whole grain mini - muffins**
- **Frozen 100% juice bars**

Look for snacks that are *less than*:

200 calories

35% of calories from fat

200 mgs sodium

35% of calories from sugar

## JUST WHAT THEY NEED

**Fruits:** Enjoy fruit as the every day dessert.

**Vegetables:** Jazz up nutritious foods with interesting combinations, shapes and colors.

**Whole grains:** Mix and match your own snack mix from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their personalized mixture.

**Water:** Make the drink-of-choice water with snacks and milk with meals.

**Low fat dairy:** Build those bones with dairy snacks like yogurt and low fat cheese sticks.

**Supersize it with whipped cream and extra sprinkles on top!**

Hard to resist! The trouble is, it all adds up to unnecessary calories - too many for healthy growth and development. Kids need guidance to learn that the portion sizes available in restaurants, movie theatres and convenience stores are often larger than recommended. For healthy serving size examples go to: [www.choosemyplate.gov](http://www.choosemyplate.gov)

