

## Healthy Snack Options for Students

Serving healthy snacks to our students is important to providing good nutrition for growth and development, supporting lifelong healthy eating habits, and preventing disabling diseases like heart disease, cancer, diabetes and obesity. Healthy snacks also allow students to perform and learn at their best. Commercially prepared or packaged foods must have labels intact when given to students as snacks in the classroom or on field trips. No homemade snacks or baked items are allowed for distribution to students for snacks because of severe food allergies. *At this time, we have many students in the district with severe peanut and/or tree nut allergies. Please do not send snacks that contain peanuts or tree nuts. Read labels carefully before choosing a snack. Please refer to the document "How to Read a Label" for nut allergies. Listed below are some healthy options:*

- ✓ **Fruits and Vegetables:** The majority of the snacks served to students should be fruits and/or vegetables because they are loaded with vitamins, minerals and fiber.
  - **Apples**
  - **Bananas**
  - **Pears**
  - **Melons**
  - **Grapes**
  - **Strawberries**
  - **Blueberries**
  - **Oranges**
  - **Pineapple**
  - **Dried fruits – apricots, raisins, raisins, pineapple, apples, mangos, papaya, figs**
  - **Canned or cupped fruits packed in juice**
  - **100% Fruit Juice Bars or 100% Fruit Juice Boxes**
  - **Carrots**
  - **Cucumbers**
  - **Celery Sticks w/Hummus**
  - **Green Peppers**
  - **Tomatoes**
  - **Jicama**
  - **Sugar Snap Peas**
  - **Fresh Salsa or Hummus with Whole Grain Corn Chips**
  
- ✓ **Low-Fat Dairy Products:** To help with bone development consider:
  - **String Cheese**
  - **Cheese Cubes**
  - **Yogurt in a cup or tube**
  - **Low-Fat Pudding Cups**
  - **Frozen Yogurt Bars**
  - **Hard Boiled Eggs**
  
- ✓ **Healthy Whole Grains:** For energy and vitamins and minerals choose:
  - **Light Popcorn**
  - **Rice Cakes**
  - **Whole grain tortilla chips**
  - **Whole grain crackers**
  - **Whole grain hard or soft pretzels**
  - **Whole grain breakfast cereals**

- ***Graham Crackers***
- ***Animal Crackers***
- ***Vanilla Wafers***
- ***Fruit Grain Bars (read labels- no granola bars because of the potential for nuts to be in the product).***
- ***Low Fat Cheese Crackers***
- ***Whole grain bagels or English muffins***
- ***Baked Whole Grain Chips***
- ***Pretzels, Soft and Hard***
- ***Whole Grain Fig Cookies***
- ***Whole grain low sugar cereal***

***This is a suggested list of healthy snacks. There are other choices available. Please be sure to read labels and check for nutritional value.***