

HEALTHY CLASSROOM SNACKS

Parents, we need your help in teaching our children long-term healthy snacking. Nutritious foods are essential to fuel the brain to promote good learning in the classroom. Remember, classroom snacks are *optional*.

Keep the following criteria in mind when sending school snacks:

- Choose 'nutrient-rich' snacks with an emphasis on fresh fruits and vegetables.
- Keep snacks at about 100 calories or less, especially if eaten prior to lunch.

Snacks That Promote Better Health & Learning

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| <input type="checkbox"/> Fresh Fruits & Vegetables | <input type="checkbox"/> Beef Jerky |
| <input type="checkbox"/> Dried Fruit (i.e. raisins, apricots) | <input type="checkbox"/> Lean Meat Slices |
| <input type="checkbox"/> Hard Boiled Eggs | <input type="checkbox"/> Canned Fruit (light Syrup) |
| <input type="checkbox"/> 100% Fruit or Vegetable Juice | <input type="checkbox"/> Light Popcorn |
| <input type="checkbox"/> Yogurt | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> String Cheese | <input type="checkbox"/> Pretzels |
| <input type="checkbox"/> Cottage Cheese | <input type="checkbox"/> Dry Cereals (low sugar) |
| <input type="checkbox"/> Whole Grain Granola Bar | <input type="checkbox"/> Sunchips |

**Use small snack bags or containers for appropriate portion sizes. Snacks too high in calories may spoil a student's appetite for lunch. A higher calorie snack may be necessary for more active, older children.*

Items TO AVOID for Classroom Snacks

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| <ul style="list-style-type: none">• Fruit Snacks or Fruit Roll-Ups• Chips or Cheese Puffs• Toaster Pastries (i.e. Pop Tarts)• Cookies, Cupcakes, Brownies | <ul style="list-style-type: none">• Store-Bought Muffins, Donuts• Candy• Sugary Beverages (Pop, Punch, Sports Drinks) |
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According to the American Dietary Guidelines, these food/beverage items do not meet nutrition standards for healthy classroom snacks. These items can be eaten in moderation, but we encourage a healthy option as part of your classroom snack. Teachers may ask students who bring these items into the classroom to put them into their backpacks until after school. We ask parents to support snack choices that align with health and nutrition education taught in the schools.