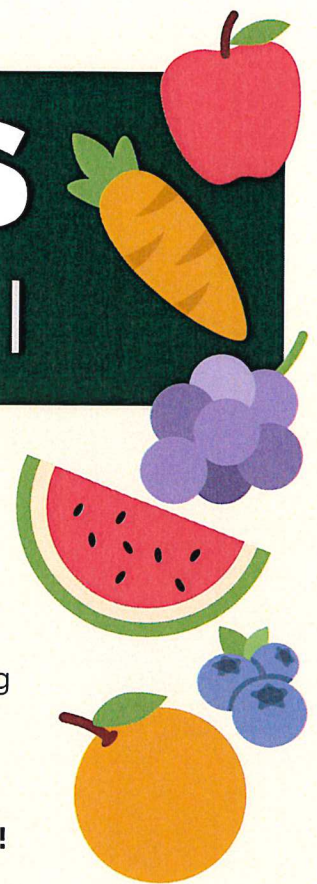


# SMART SNACKS AT ROCORI



## WHAT IS A SMART SNACK?

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Smart Snacks are healthier options for school kids. Foods or beverages sold during school, before school and up to 30-minutes after school must be Smart Snacks.

**Healthy eating patterns lead to better academic performance and attention in school. When Smart Snacks are available, the healthy choice is the easy choice!**

## EXAMPLES OF SMART SNACKS

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### Fruits & Veggies

- Snack pack of carrots
- Apple slices
- Banana and blueberries
- Grapes and pineapple
- Fruit cups in 100% juice
- Celery sticks and raisins
- Sugar snap peas
- Watermelon wedges
- Cantaloupe
- Peach and raspberries
- Unsweetened applesauce
- Avocado and pepper slices
- Cucumber slices
- Green beans
- Strawberries and plum
- Cherry tomatoes
- Broccoli
- 100% fruit juice

### Dairy

- Light or non-fat yogurt
- Go-Gurt
- String cheese
- Low fat cottage cheese
- Cheese chunks
- Pudding cup
- Frozen yogurt
- Yogurt parfait
- Low fat cream cheese
- Low fat chocolate milk

### Nuts

- Almonds
- Cashews
- Walnuts
- DIY trail mix; peanuts, seeds, raisins, cashews, almonds, popcorn ect.

### Whole Grains

- Unbuttered popcorn
- Whole wheat pita and hummus
- Corn tortillas
- Low-fat, whole grain crackers (Wheat Thins, Triscuits, Kashi Snack Crackers, Kashi Pita Chips, Ry Krisp Natural Flatbread)
- Oatmeal
- Whole wheat pretzels
- Whole wheat gram crackers
- Whole grain, low sugar cereal
- Whole wheat bagel
- Whole wheat animal crackers
- Nutrigrain bars
- Baked Chips
- Low-fat granola or granola bars
- Whole grain tortilla chips