



## Susquehanna Township School District Healthy Classroom Snack Ideas

### School Board Policy #246: School Wellness

In accordance with the United States Department of Agriculture’s nutrition standards, the Susquehanna Township School District promotes healthy and nutritious snacks for all students, K-12. This list provides ideas for snacks that are budget-friendly, delicious and nutritious! We encourage you to bring a snack from this list to your child’s next school party or pack a few for lunch.

<b>Fruits</b> <ul style="list-style-type: none"> <li>• Fresh fruit- whole or sliced: bananas, apple slices, berries, melons, Cutie or Halo oranges</li> <li>• Assorted fruit salad- no sugar added</li> <li>• Dried fruits</li> <li>• Applesauce</li> <li>• Individual fruit cups (packed in juice)</li> <li>• 100% fruit juice</li> <li>• 100% frozen fruit bars</li> <li>• Unsweetened raisins</li> </ul>	<b>Low Fat Dairy/Protein</b> <ul style="list-style-type: none"> <li>• String cheese or cheese cubes</li> <li>• Yogurt</li> <li>• Cottage cheese</li> <li>• Deli meat</li> <li>• Sunflower seeds (unsalted)</li> <li>• Pepita/Pumpkin seeds</li> <li>• Hard-boiled eggs</li> <li>• Frozen yogurt bites</li> </ul>
<b>Vegetables</b> <ul style="list-style-type: none"> <li>• Raw vegetables w/ low-fat dip: baby carrots, broccoli, cauliflower, snap peas, sliced peppers, celery, cucumber slices</li> <li>• Dehydrated vegetables: vegetable chips, chickpeas</li> <li>• Edamame (Soybeans)</li> </ul>	<b>Whole Grains</b> <ul style="list-style-type: none"> <li>• Crackers – no peanut butter</li> <li>• Low sodium pretzels</li> <li>• Pita chips</li> <li>• Air-popped popcorn</li> <li>• Low-fat granola bars</li> <li>• Baked corn tortilla chips</li> <li>• Animal crackers</li> <li>• Graham crackers</li> <li>• Mini-rice cakes</li> </ul>
<b>Drinks</b> <ul style="list-style-type: none"> <li>• Water</li> <li>• Low fat or fat free milk</li> <li>• 100% fruit/vegetable juice</li> </ul>	<b>Dip Ideas</b> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Salsa</li> <li>• Bean dip</li> <li>• Honey mustard – low sugar</li> <li>• Yogurt-based dips</li> <li>• Guacamole</li> <li>• Soy butter (alternative to peanut butter)</li> </ul>

#### SAFETY TIPS:



1. For food safety, select sealed and prepackaged snack items.
2. Always check with your student’s teacher and the school nurse about food allergies in your student’s classroom.

For more guidance on healthy eating, please visit <https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>