



Let's make our snacks students bring to school healthier!!

When possible, combine 2 food groups to make a more satisfying snack!

- Easy to pack fresh veggies: baby carrots, grape tomatoes, celery sticks. Low-fat ranch dressing or hummus make these fun to dip!
- Raisins or other dried fruits
- Easy to grab whole fruit: apples, bananas, plums, tangerines/mandarins/clementines
- Applesauce pouches
- Whole grain crackers
- Granola Bars or Cereal Bars
- Whole grain graham crackers
- Pretzels
- String Cheese, cheese cubes, cheese sticks, cottage cheese
- Yogurt
- Nuts make a great snack – but check with your classroom teacher about nut allergies – some schools or classrooms request no nuts.

