

Healthy Snack and Celebration Ideas

By promoting healthy behaviors, you can have a positive impact on students' daily attendance, classroom participation, test scores, behavior, and help influence life-long healthy lifestyle habits. Proper guidance, education, and the ability to practice learned behaviors will lead to positive choices. Below are some healthy snack recommendations:

Fresh Fruit & Vegetables

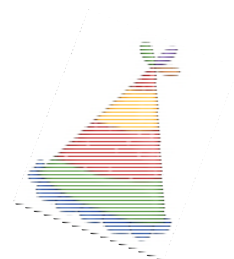
Include at least one fruit and vegetable at parties such as:

Fruits

Apples, orange wedges, pineapple, bananas, kiwi, grapes, strawberries, dried fruits

Vegetables

Baby carrots, green or red pepper strips, pea pods, broccoli, cherry tomatoes, cucumber slices, served with low-fat dressing.



Snack foods

Low-fat string cheese
Crackers with low-fat cheese
Baked chips
Popcorn, fat-free
Baked tortilla chips and salsa
Pretzels
Dry cereal mix

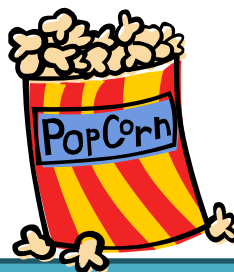
Other Treats

Scavenger hunt
Extra recess time
Craft projects
Party games
Dance!
Stickers
Books
Note pads
Pencils
Water color paints
Coloring books
Trading cards

Desserts

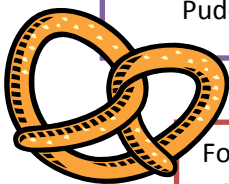
(Limit desserts to one small portion item)

Graham crackers
Low-fat frozen yogurt
Frozen 100% fruit juice bars
Vanilla wafers
Fresh fruit with whipped cream
Yogurt parfaits (low-fat yogurt, fresh fruit, granola)
Angel food cake with fresh fruit topping
Oatmeal raisin cookies
Animal crackers
Pudding made with low-fat milk



Beverages

Choose beverages with moderate sugar such as:
Non-fat, 1% or low-fat plain or chocolate milk
Water
100% juices



Foods of minimal nutritional value such as chewing gum, popsicles, soda, and candy **should not** be served at school.

About Food Safety...

All food items brought to classrooms are recommended to be store bought (purchased at a retail store). This helps ensure that food is safe to eat and that items will have an ingredient label to assist students with food allergies.