



Healthy Snacks at School Everyday

Heritage School promotes healthy snacks year round and this includes Healthy Celebrations as well. PLEASE REFRAIN FROM SENDING IN ANY BAKED GOODS, WHETHER HOME OR COMMERCIALY PREPARED, this will have the added benefit of protecting students who have food allergies, diet restrictions or chronic diseases. See the healthy snack/celebration ideas below for suggestions.

FOR HEALTHY CELEBRATIONS try veggies and dips, fruit kabobs, melon chunks with colored toothpicks, popcorn and pretzel mixes, cheese and crackers, or yogurt & fruit parfaits with a cherry on top! Celebrate without food, try stickers, pencils or even special book readings, and please talk to your child's teacher for other ideas.

SNACK IDEAS

Fruits: Whole, sliced, chunked or dried Apples, bananas, berries, figs, grapes, melon, oranges, pears, plums, raisins, and investigate many more!	Vegetables: Whole, sliced, or sticks Carrots, celery, cucumbers, bell pepper, red pepper, and mini tomatoes. Do remember the more color in your diet the healthier you are! Be creative, try combos!
Whole grain crackers, popcorn, plain granola bars, pretzels, pretzel sandwiches, unsweetened cereal mixes and plain unsweetened cereal. Trail mix and nuts if child's classroom situation permits.	

Cheese slices, cheese sticks, yogurt, and even yogurt drinks.

Bottled water or fruit water

Go shopping together; try mixing and matching different food groups and combinations. Also, recent nutrition science evidence demonstrates, modeling healthy eating accomplishes more than talking about it. **Encourage trying new foods and count the number of servings of fruits and vegetables daily, aim for 5 or even more a day. Turn healthy eating into a fun-filled competition, it is a win-win situation!**

Suggested websites:

<http://www.cdc.gov/bam> click on food & nutrition; click on cool treats, click on Fuel up for fun then Power packing

<http://www.fruitsandveggiesmorematters.org/top10fruitsnacksfor kids>

<http://mayoclinic.org/healthylifestyle/childrenshealth>