SMART SNACKS

ROCORI Schools



WHAT IS A SMART SNACK?

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

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

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