

# CLASSROOM SNACKS

Parents, we need your help in teaching our children long-term healthy snacking. Nutritious foods are essential to fuel the brain to promote good learning in the classroom. Remember, classroom snacks are *optional*.

Keep the following criteria in mind when sending school snacks:

- Choose 'nutrient-rich' snacks with an emphasis on fresh fruits and vegetables.
- Keep snacks at about 100 calories or less, especially if eaten prior to lunch.
- Choose a variety of food groups for snacks throughout the week.

## SNACK IDEAS

- Fresh Fruits & Vegetables
- Dried Fruit (raisins, apricots, mango)
- 100% Fruit Cups (peach, pear, mixed fruit)
- 100% Fruit or Vegetable Juice
- Yogurt, String Cheese, or Cottage Cheese
- Hard Boiled Eggs
- Jerky
- Lean Meat Slices and/or Sliced Cheese
- Trail Mix (nuts, cereal, dried fruit)
- Baked Chips (limit to 1x/week)
- Light Popcorn
- Crackers (Wheat Thins, Triscuits)
- Whole Grain Goldfish (limit to 1x/week)
- Pretzels
- Dry Cereals (lower sugar)

### Notes:

\*Use **small snack bags or containers for appropriate portion sizes**. Snacks too high in calories may spoil a student's appetite for lunch. A higher calorie snack may be necessary for more active, older children.

\*Snack Bars (granola, yogurt, & cereal), and cheese or peanut butter crackers, are convenient, but typically contain added sugars and excess calories for a snack before lunch. When possible, choose snack bars that contain about 150 calories or less and have whole grains as the main ingredient.

## Items to Avoid for Classroom Snacks

These snacks are fine **in moderation at home**, but are unacceptable and discouraged as classroom snacks.

- Candy, pop, fruit punch, gummy fruit snacks, or fruit roll-ups (high in sugar)
- Potato chips, Cheetos, Fritos, Doritos, Funyuns, Takis, cheese puffs, doughnuts, cookies, store bought muffins, toaster pastries or Pop Tarts, cupcakes, brownies

Let's work together to promote healthful eating habits in our children!

**Bismarck Public Schools aim to teach, encourage, and support healthy eating.**