



Healthful Tips for Home-Packed Snacks

Food environments that promote healthy choices can positively influence daily learning as well as lifelong eating behaviors. Parents are encouraged to provide nutritious snacks and meals when sending food from home. Doing so supports wellness by helping students view snacks as an opportunity to meet the nutrition recommendations discussed throughout their education. Use this handout to help pack a snack that will satisfy your student, promote balanced nutrition, and positively impact their day of learning. Please consider relevant school-wide expectations, classroom rules, student allergies, and food safety when determining what to send to school with your child.

Build a Satisfying Snack

Fruits, Veggies, & Whole Grains

- Fresh or dried fruits
- Unsweetened applesauce
- Granola bars, popcorn
- Whole grain muffins or snack bites
- Cut veggies (carrots, celery, bell pepper)
- Whole grain pretzels or crackers



Seeds, Nuts, Legumes & More

- Nuts or seeds
- Yogurt
- Hummus or bean dip
- String cheese, cottage cheese
- Hard-boiled eggs
- Pea snacks or roasted chickpeas

The most satisfying snacks pair at least two food groups to promote longer lasting energy and fullness. Prioritize foods with fiber, protein, and minimal added sugars. Some examples of balanced snack combinations are listed below. Try getting your student involved in the kitchen and preparing whole grain muffins together on the weekend to send throughout the week!

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| • Whole grain muffin with string cheese | • Fruit and nut bar |
| • Cut veggies and hummus | • Tangerine and roasted chickpeas |
| • Half peanut butter & honey sandwich | • Popcorn and turkey jerky |
| • Cheese slices with whole grain crackers | • Trail mix with nuts/seeds, fruit, cereal |
| • Banana and roasted sunflower seeds | • Yogurt and granola |
| • Whole grain pretzels and peanuts | • Fruit and yogurt smoothie |

See page 2 of this handout for kid-friendly recipe ideas from Food Hero!
Find additional recipes at www.foodhero.org

Whole-Wheat Blueberry Muffins

Recipe from FoodHero.org



Ingredients

- 1 ½ cups whole-wheat flour
- ½ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- ⅓ cup vegetable oil
- ⅓ cup nonfat or 1% milk
- ½ cup unsweetened applesauce
- 2 cups blueberries (fresh or frozen)



Directions

1. Wash hands with soap and water.
2. Rinse fresh fruits under running water before preparing.
3. Preheat oven to 400 degrees F. Lightly grease 12 muffin cups.
4. In a large bowl, mix the flour, sugar, salt and baking powder.
5. In a medium bowl, mix the egg, oil, milk and applesauce until smooth.
6. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
7. Fill each muffin cup about ¾ full.
8. Bake about 20 minutes, or until the muffin tops are golden brown. A toothpick inserted into the center of the muffin should come out moist but without batter.

Cranberry Oatmeal Balls

Recipe from FoodHero.org

Ingredients

- 1 cup oats (quick-cooking or old fashioned rolled)
- ⅓ cup chopped almonds or other nuts or seeds
- ⅓ cup peanut butter
- 3 Tablespoons honey (see Notes)
- ⅓ cup dried cranberries or other dried fruit

Directions

1. Wash hands with soap and water.
2. In a medium bowl, combine all ingredients until well mixed.
3. Form about 2 Tablespoons of mixture into a ball and place on a baking sheet. Repeat with remaining mixture to make 16 balls.
4. Refrigerate for 30 minutes.

Packed Snack Considerations

Many of the snack options in this handout can be sent to school at room temperature, but some may require cold packs to maintain food safety. Please be mindful of potential spills and the limited amount of time available to consume snacks.

If snacks are being provided to the entire class, note the [BSD Local Wellness Policy](#), which states that classroom snacks should comply with Oregon Smart Snack Standards** (set by the state as the nutritional guidelines for foods offered on school campuses). For Smart Snack compliant snacks see our [School Day Snacks](#) handout or [Smart Snacks Resource Page](#).

** For more information visit: <https://www.oregon.gov/ode/students-and-family/childnutrition/SNP/Pages/General-Program-Compliance.aspx#SS>