Fun and Hearty Snacking

Serving healthy snacks to children provides the nutrients necessary for learning and growth. Life-long healthy eating reduces a child's risk for obesity, diabetes, high blood pressure and heart disease.

Good Snacks**

- Animal Crackers, Rice Cakes
- Baked Tortilla or Baked Potato Chips
- Low Fat Plantain or Yucca Chips
- Graham Crackers
- 100% Fruit Juice (4 oz. portions)

Better Snacks**

- Snack Pack Fruit Cups, Yogurt, Low Fat Pudding, Gelatin
- Pretzels, Flatbreads, Bread Sticks
- Dried Fruit: Raisins, Peaches, etc.
- Frozen Yogurt or Low-Fat Ice Cream Cups or Bars
- Frozen 100% Juice Bars

Best Snacks**

- Fresh Fruits/Vegetables: Carrot, Celery Sticks, Apples, Grapes, Orange Wedges, etc.
- Dips: Low Fat Dressings, Bean Dips, Hummus, Guacamole, and Salsa
- Nuts: Peanuts, Cashews, Almonds, Soy Nuts and Sunflower Seeds*
- Fat Free Popcorn, Whole Grain-Lower Sugar Cereals
- Whole Grain Crackers, Pitas, and Tortillas
- Low Fat Cheese, Soy Cheese
- Low Fat or Fat Free Milk, Rice Milk and Soymilk
- Water

Make snack time special by providing interesting and fun napkins, plates, cups, and straws. Encourage children to try new foods.

* Please, no Peanuts/Nuts or foods with Peanuts/Nuts in the schools because of the high incidence of life-threatening allergies in some children.

** Food served in the classrooms must be obtained from approved sources, per Chapter 64E11 of the *Florida Administrative Code.*



Life-Long Healthy Eating Improves Health.

Reference: Healthy Snack and Beverage Ideas. Alliance for A Healthier Generation. https://www.healthiergeneration.org/app/resources/459. Accessed 10/29/24.