



FOR HEALTHY SNACKS

Schools often take time for a nutrition break. This is a time for children to refuel their brains and bodies. Nutrient-rich foods such as fruits, vegetables, whole grains, lean protein and low-fat or fat-free dairy will help with learning, behavior and lifelong health. Help support the nutrition lessons children are being taught in school by sending healthy snacks. Provide your child with tasty, power packed foods to help them boost their learning! Use these ideas at home as well if your children are in need of a nutrition “pick me up” to tide them over between meals.



SNACK IDEAS FOR
HEALTHY BODIES
AND BRAINS!



Fruits

TRY IT FRESH!

Apples, oranges, bananas, grapes, pears, strawberries, melon, kiwi, mango, blueberries, cherries, peaches, nectarines, plums, starfruit, tangerines, pineapple

Canned fruits in own juice, not syrup

Make a fruit salad

100% fruit juice

Unsweetened applesauce or fruit sauce (TRY SPRINKLING IN CINNAMON)

DRIED FRUITS!

raisins, raisins, banana chips, dried fruit mix, 100% fruit – fruit leathers

(NOT FRUIT SNACKS WHICH ARE MOSTLY SUGAR)

FROZEN FRUIT!

grapes, strawberries

Vegetables

Carrots

Broccoli

Cucumbers

Peppers (GREEN, RED, ORANGE, YELLOW)

Sugar snap peas

Green beans

Celery

Cauliflower

Snow peas

Tomatoes (GRAPE OR CHERRY)

Yellow squash

Zucchini squash

Ants on a log (CELERY STICK FILLED WITH LOW FAT CREAM CHEESE OR PEANUT/SOY NUT BUTTER TOPPED WITH RAISINS OR CRAISINS)

Veggie wrap or pita

MADE FOR DIPPING!
TRY VEGGIES PLAIN OR WITH LOW-FAT DIPPING SAUCE OR HUMMUS!

Protein Foods

Hard-cooked eggs

Nuts (CHECK WITH YOUR SCHOOL TO MAKE SURE THERE ARE NO STUDENTS/STAFF WITH NUT ALLERGIES)

Seeds (SUNFLOWER OR PUMPKIN)

Hummus or black bean dip served with veggies or whole grain pita

Lean low sodium meats (TURKEY, ROAST BEEF, HAM) — make a roll up or serve with whole grain crackers

Whole Grains

Whole grain english muffin, breads, pitas, crackers

Whole grain muffins

Granola or cereal bars

Whole grain cereals (LOOK FOR CEREALS WITH LESS THAN 6 GRAMS OF SUGAR PER SERVING)

Make a trail mix with whole grain cereal and dried fruits

Low Fat or Fat Free Dairy

Yogurt (LOOK FOR ONE WITH LESS THAN 15 GRAMS OF SUGAR PER 4 OUNCES)—add fruit and whole grain cereal to make a parfait

Low fat Cheese Sticks

Low fat Pudding

Yogurt smoothie with low fat yogurt and fruit (fresh or frozen)

REFERENCES USED Alternatives to Using Food as a Reward – Michigan Team Nutrition (9/04); Constructive Classroom Rewards – www.cspinet.org; Non-Food Ways to Raise Funds and Reward a Job Well Done – Square Meals, Texas Department of Agriculture (2004); www.wvsmartfoods.com

5-4-3-2-1 Go!™ was developed by the Consortium to Lower Obesity in Chicago Children—www.clocc.net | Schools Implementing Nutrition Standards is funded by an American Recovery and Reinvestment Act: Communities Putting Prevention to Work Cooperative Agreement award from the Centers for Disease Control and Prevention to the Michigan Department of Community Health.