

Healthy Snacks at School



We all love to celebrate special occasions and each other's special days.



Kids want food that tastes good, is safe and easy to serve. We want our kids to be well-nourished, well-behaved and ready to learn. The list below provides some suggested healthy snacks. Individual snack packs should contain no more than 200 calories. Check with your classroom teacher to determine if any of these foods need to be avoided due to allergies in the classroom.

Multi-grain crackers
Wheat Thins, Triscuits
Baked chips or crackers
Baked corn tortilla chips
Whole-grain chips
Low-fat popcorn
Trail mix, Cereal mix
Whole grain cereals
Quaker Chewy Granola bars
Honey Nut Cheerios Milk 'n Cereal Bars
Nature Valley Chewy Trail Mix Bars
Kellogg's Original Rice Krispy Treats
Pretzels
Teddy Grahams
Graham Crackers and sticks
Vanilla wafers, Animal Crackers
Baked fish-shaped crackers
Whole grain Fig Newtons
Whole grain quesadillas with salsa
Whole grain muffins

Bottled water
Low fat white or flavored milk
100% fruit juice
Popsicles made with 100% fruit juice
Fresh fruits or veggies
Dried fruits
Fruit snacks
Canned fruits (packed in water or 100% fruit juice)
Low-fat yogurt or yogurt smoothies
Fruit Smoothies
Gogurt
Low-fat pudding cups
Low-fat cheese, string cheese
Nuts or peanuts
Beef jerky
Ants on a Log (celery, peanut butter, raisins)
Fruit and Cheese Kabobs
Pizza on whole grain crust, low-fat toppings
Angel food cake, strawberry topping
Whole grain bagels

What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
Trans Fat	0 g	0 g
Sugar	35% by weight or less	35% by weight or less

SMART SNACKS IN SCHOOL SUGGESTED SITE

Here is a link to examples of things that qualify for smart snack standards that came off of the USDA's website. If you have a questions if something qualifies you can just type it into the search box and check "Smart snacks compliant". Select "snack food" and search. A few things that can be added to the celebration list include Nutri Grain bars, Snack pack puddings, Beef jerky, pop tarts, Low fat chocolate dessert cups and cones (page 19). There were a lot of types of muffins, ice cream and popsicle bars, chips and goldfish packs, granola bars, cereal bars, cookies, brownies, and even some mini muffins and donuts. Children can still celebrate their birthday in class with pretty much anything as long as it qualifies under the standards.

<https://foodplanner.healthiergeneration.org/products/>