

Healthy Ideas for Classroom Snacks and Parties

Snacks are important for providing children with nutrients to support growth and learning. Parties are a fun opportunity to celebrate. However, school snacks and parties are not required to be cupcakes, ice cream, potato chips and soda pop. With a little imagination, snacks and parties can be fun and still provide healthy, nutrient-rich foods. Give healthy partying and snacking a try with the following foods:

- ☺ Low-fat milk (plain or flavored) – plain, chocolate, strawberry, vanilla
- ☺ 100% juice – orange, apple, grape
- ☺ Water (flavored)
- ☺ Fresh fruit with yogurt dipping sauce
- ☺ Apples with caramel dip
- ☺ Fruit and cheese kabobs
- ☺ Fruit with whipped topping – strawberries with whip cream
- ☺ 100% fruit snacks
- ☺ Fruit crisps or bakes (made with little added sugar and whole grain toppings)
- ☺ Vegetable tray with low-fat dip
- ☺ Celery sticks with peanut butter (if your classroom is not peanut free)
- ☺ String cheese
- ☺ Low-fat pretzels or popcorn
- ☺ Graham or animal crackers
- ☺ Sandwiches – ham, turkey, cheese (low fat condiments)
- ☺ Low-fat pudding cups
- ☺ Low-fat yogurt – Trix, Yoplait Yumsters
- ☺ Yogurt smoothies – low-fat
- ☺ Yogurt parfaits – layered fruit, yogurt and granola
- ☺ Quesadillas with salsa
- ☺ Granola bars or breakfast bars
- ☺ Trail mix or cereal mixes
- ☺ Angel food cake with fruit toppings

Birthday Celebrations

What about Birthdays?

Birthday cake can fit into a healthy diet occasionally, but what if each child brings in cake or cupcakes for their birthday? Then eating cake becomes a normal occurrence as some months have quite a few birthdays. Try to limit parties with cake and other sugary/high fat food and provide other options instead.



Snacks for less than \$0.30 each

Gogurt
Cheese Sticks
Pudding Cups

Applesauce, peach or pear cups
Fresh Fruit (apples/ bananas)
Dried fruit
(kids can make their own trail mix)

Sunflower seeds
Goldfish Pretzels
Graham Crackers
Multigrain sunchips
Rice Krispie Treats
Granola bars
Popcorn