

<b>Vegetables, with or without low-fat dip/dressing (Choose 1-2)</b>
Broccoli, cauliflower, peas
Lettuce, tomatoes, celery, spinach
Avocado slices, cherry tomatoes
Carrots, radishes
Strips: cucumber, jicama, kohlrabi, red pepper
<b>Beverage (Choose 1)</b>
Milk: Skim and flavored skim milk
100% Fruit juice
Tomato juice
Yogurt/juice blend
Rice milk, soy milk
<b>Fruits (choose 1)</b>
Any fresh, canned, or dried fruit
Cherries, blueberries, strawberries, kiwi
Mandarin oranges, pineapple chunks, peaches, melon ( <i>cubed</i> )
Applesauce ( <i>individual serving</i> )
Plum, pear, grapes, apple, banana, orange

**General Guidelines**

- Choose colorful fruits and vegetables and serve your children at least 3-5 servings of vegetables and 2-4 servings of fruit every day.
- Choose foods that are nonfat, low-fat or less than 5 grams fat per serving.
- When possible, choose whole grain foods.
- Choose foods that are low in sugar or sugar is not the first ingredient.
- Carefully consider appropriate portion sizes. Children do not need to be overfed. In general, ½ cup to one cup is enough.

**Research clearly demonstrates that good nutrition and plenty of physical activity are linked to better behavior and academic performance.**

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

**IDEAS FOR CELEBRATING\***

- Snack cake square without icing or topped with fruit and reduced-fat whipped topping
- Low-fat yogurt with fruit and granola topping
- Oatmeal raisin cookies and low-fat milk
- Fig bars
- Trail mix
- Low-fat pudding
- Baked chips and reduced-fat dip or salsa
- Fresh apple wedges and caramel dip
- Fruit smoothies
- Fruit and cheese kabobs
- Fruit salad or platters
- Reduced fat popcorn
- Whole-grain crackers and cheese cubes
- Fresh-cut vegetables and reduced-fat ranch dip or salsa
- Low-fat milk, 100% juice, water
- Quesadillas or bean burrito with salsa
- Bread sticks with marinara sauce
- Spring rolls and dipping sauce

**\*Check with your classroom teacher regarding food allergies, cultural, or religious food restrictions before planning the celebration menu.**

Adapted from HEALTHY CELEBRATIONS [www.state.ct.us/sde/deps/student/NutritionEd/HealthyCelebrationsBW.pdf](http://www.state.ct.us/sde/deps/student/NutritionEd/HealthyCelebrationsBW.pdf)

**Sandwich Cut Outs**

Use cookie cutters with fun shapes like dinosaurs, stars, and hearts to cut slices of cheese, meat, and whole-grain bread.

**Peanut Butter Balls**

Mix peanut-butter and granola in a bowl. Shape into balls with clean hands; roll in crushed graham crackers.

# Bringing Foods to School



**Make the healthy choice the fun and easy choice for your child.**

## But It's Just a Cupcake...

At school, making the healthy choice is not always the easy choice. There is nothing wrong with an occasional treat, but unhealthy choices have become commonplace. School celebrations and daily snacks can be fun and still reinforce the message: *nutritious food choices lead to healthier bodies and sharper minds.*

Parents are often asked to send a healthy daily snack or help plan school celebrations. Most parents want to provide their children with nutritious meals and snacks, but in a fast food world, it's not always easy.

Here are some ideas to get started on a healthier school year. Try to provide healthy options served in appropriate portion sizes.

## IDEAS FOR HEALTHY DAILY SNACKS

(Choose one or two items from different food groups)

### Grains

- Mini-muffins or slices of quick bread: banana, apple, corn, bran, english, blueberry, oatmeal
- Bread sticks
- Whole wheat or whole grain bread
- Half a bagel
- Brown rice cakes, mini-rice cakes
- Low-fat granola bars
- Cookies: oatmeal, molasses, gingersnap, animal crackers, vanilla wafers, or fig bars
- Crackers: low-fat, whole wheat, graham
- Pita bread
- Popcorn
- Pretzels
- Tortillas
- Pita, bagel, or baked tortilla chips
- Whole grain cereal (less than 8 grams of sugar per serving)



### Fruit and Vegetables

- Any fresh fruit or vegetable
- 100% fruit or vegetable juice
- Dried fruit
- Canned and packaged fruit products, packed in juice
- Apple wedges or rings
- Applesauce (*individual serving size*)
- Banana chunks
- Broccoli or cauliflower florets
- Carrots, celery, zucchini or cucumber slices
- Cherries, kiwi, strawberries
- Fruit kabobs
- Grapes in bunches
- Green peas in the pod
- Green and red pepper strips, jicama sticks
- Melons: cantaloupe, casaba, honeydew, watermelon
- Orange and tangerine sections or wedges
- Peaches, pear wedges, plums (*fresh or canned*)
- Snow peas
- Tomatoes (*cherry or grape*)
- Vegetable sushi
- Spring roll

*Don't forget the low-fat veggie dip!*

### Dairy

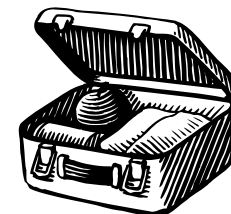
- Low or nonfat yogurt
- Low or nonfat milk, plain and flavored
- Low-fat cheeses, string cheese
- Low-fat cottage cheese with diced fresh or canned fruit

### Protein

- Nuts and seeds: almonds, cashews, soy, sunflower
- Bean dips
- Peanut butter, Nutella
- Hard-cooked eggs
- Hummus (*as a sandwich spread or vegetable dip*)
- Soy crisps
- Pasta salads with beans, tuna, or chicken
- Wasabi peas

## HEALTHY LUNCH BOX IDEAS

When your child takes a lunch to school, provide a variety of healthy foods that she/he can pick out and pack.



Ask your child to pick foods from at least three food groups:

### Protein (Choose 1)

Hard boiled egg, ham, turkey, deli-meats

Low-fat yogurt, nuts

Chicken, tuna salad

Meat loaf, stew

Peanut butter, Nutella

Cheese: slices, cottage cheese, string cheese

Vegetable sushi

Leftover low-fat pizza

Egg roll/spring roll

Humus, bean salad

Beans (kidney, navy, black)

### Grains (choose 1-2)

Whole grain bread, whole grain pita bread

Corn bread, small muffin, whole grain tortillas

Banana bread

Crackers: whole grain, low-fat

Pasta

Popcorn

Granola bars (low-fat)

Bagel

Waffles (whole grain)

Pancakes (whole grain)

(more suggestions on back)