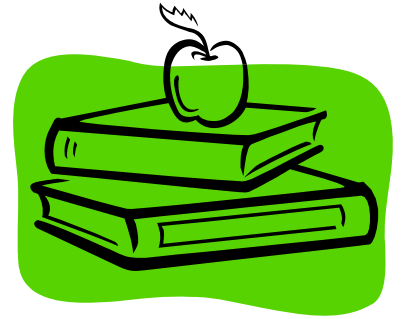


## Guide to HEALTHY Snacks at School

Parents, teachers and after-school care providers can support lifelong healthy eating habits by ensuring that healthy snacks — rather than high-sugar, high-fat snacks — are available for growing children during regular snack times.



Kids want foods that taste good. Schools and after school programs want foods that are safe and easy to serve. We all want our kids to be well nourished, well behaved and ready to learn. The list below provides some suggested snacks that meet the Minnesota Action For Health Kids Food Guidelines. Check with your classroom teacher to determine if any of these foods need to be avoided due to allergies in the classroom.

### ***Healthier snack ideas***

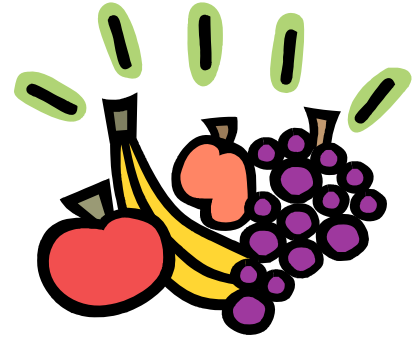
- Fresh fruits or vegetables
- Dried fruits, such as raisins
- Popsicles made with 100% fruit juice
- Low-fat yogurt and yogurt in tubes
- Low-fat pudding cups
- Low-fat cheese (7 grams of fat or less per ounce)
  - ◆ String cheese
  - ◆ Cheese sticks
  - ◆ Cheese shapes
- Whole-grain crackers (6 grams of fat or less)\*
  - ◆ Multi-grain Wheat Thins\*
  - ◆ Triscuits\*
  - ◆ Whole grain Goldfish crackers\*
- Baked corn tortilla chips\*
- Low-fat popcorn (6 grams of fat or less) \*
- Trail mix or cereal mixes
- Whole grain cereals without the milk (Cheerios, Life)
- Quaker Chewy Granola Bars\*
- General Mills Honey Nut Cheerios Milk 'n Cereal Bars\*
- Nature Valley Chewy Trail Mix Bars\*
- Kellogg's Original Rice Krispy Treat Squares
- Natural Ovens Oatmeal Raisin Cookies\*
- Teddy Grahams, graham crackers and graham cracker sticks
- Vanilla wafers or animal crackers
- Whole grain Fig Newtons
- 100% fruit juices
- Bottled Water
- Low-fat white or flavored milk

*\*Provides the added benefit of whole grains*

*Continued on back*

### ***Additional snack ideas***

- Ants on a log (celery, peanut butter and raisins)
- Fruit and cheese kabobs
- Pizza on whole grain crust with low-fat toppings (veggies, pineapple, lean ham)
- Fruit smoothies
- Low-fat yogurt smoothies
- Angel food cake with strawberry topping
- Fresh fruit with yogurt dipping sauce
- Crunchy veggies with low-fat dip
- Whole grain quesadillas with salsa
- Whole grain muffins (small)
- Whole grain bagels with cream cheese (small)



### ***Kids' ten favorite fruits***

1. Bananas
2. Grapes
3. Apples
4. Strawberries
5. Watermelon
6. Oranges
7. Applesauce
8. Pears
9. Peaches
10. Pineapple

### ***Favorite veggies for dipping***

- Baby carrots
- Broccoli
- Celery
- Cucumbers
- Fresh green beans

