

Snack Smart!

- Providing healthier snacks can help your child stay focused at school!
- Prepare snacks ahead of time to have quick grab-and-go options.
- When possible, combine two food groups to make a snack more satisfying.

Want to celebrate your child in the classroom? Your School Café offers fun and convenient 100% fruit juice slushie cups or low fat frozen yogurt cups! These are a healthier alternative to cakes, cookies and cupcake, plus you don't have to worry about students' food allergies! Only \$20 for your child's entire class! Contact your school's café manager for more information.

Easy Snack Ideas

When possible, combine 2 food groups to make a more satisfying snack!

- Easy to pack fresh veggies: baby carrots, grape tomatoes, celery sticks. Low-fat ranch dressing or hummus make these fun to dip!
- Raisins or other dried fruits
- Easy to grab whole fruit: apples, bananas, plums, tangerines/mandarins/clementines
- Applesauce pouches
- Whole grain crackers
- Granola Bars or Cereal Bars
- Whole grain graham crackers
- Pretzels
- String Cheese, cheese cubes, cheese sticks, cottage cheese
- Yogurt
- Nuts make a great snack – but check with your classroom teacher about nut allergies – some schools or classrooms request no nuts.