

## HEALTHY SCHOOL SNACK IDEAS

Fruit is naturally sweet. It can be served whole, sliced cut in half, cubed or in wedges, canned, frozen and dried fruit.

*Apples	*Apricots	*Bananas
*Blackberries	*Blueberries	*Cantaloupe
*Cherries	*Grapefruit	*Grapes
*Honeydew Melon	*Kiwis (cut in half and use a spoon)	
*Mandarin Orange	*Mangoes	*Nectarines
*Oranges	*Peaches	*Pears
*Pineapple	*Plums	*Raspberries
*Strawberries	*Tangerines	*Watermelon

**Applesauce** (Unsweetened), Fruit Cups and Canned Fruit

Mott's Natural Style and Mott's Healthy Harvest.

Dole and Del Monte single fruit cups

**Dried Fruit**-Raisins, apricots, apples, cranberries, pineapple, papaya

**Frozen fruit**-Frozen grapes, blueberries, strawberries, peaches, mangoes

**Fruit Leathers**-Natural Value Fruit Leathers, Stretch Island Fruit Leathers

**Vegetables raw with a dip or salad dressing**

*Broccoli	*Carrot sticks or baby carrots	
*Cauliflower	*Celery Sticks	*Cucumber
*Peppers (green, red, yellow)		*Snap Peas
*Snow Peas	*String Beans	*Zucchini slices
*Tomato slices or cherry tomatoes		*Yellow squash slices

**Dips** Low fat salad dressings, bean dips, quacamole, hummus, salsa, peanut butter

**Soy** Edename

**Whole grains**

Whole wheat English Muffins, Pita, or Tortillas

Stuff them with veggies or dip them in hummus or bean dip

**Whole grain cereals**-Cheerios, Grape-nuts, Raisin bran, Frosted Mini Wheats and Wheaties

**Whole grain crackers**-Triscuits, Thin Crisps, Kalvi Rye Crackers, Whole Wheat Matzos

Popcorn, Baked Totilla Chips

**Granola and Cereal Bars**-whole grain bars low in fat and sugars, Barbara's Granola Bars (cinnamon raisin, oats and honey and carob chip flavors), Nature Valley Crunchy Granola Bars, Nature Valley Chewy Trail Mix Bars and Quaker Chewy Granola Bar

### **Low-Fat Dairy Foods**

Yogurt-Danimals Drinkable Low-Fat yogurt, Go-Gurt by Yoplait, cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon and similar store brands. Also served with fruit or low-fat granola

### **Low-Fat Cheese** (can be served with fruit, vegetables, whole grain crackers

Trader Joe's Armenian Style Braided, Borden or Sargento Light Mozzarella string cheese, Frigo light Cheese Heads, Kraft Tristums, Polly-O Tristerellas, The Laughing Cow's Light Original Mini Babybell, Cabot 50% Light Vermont Cheddar

### **Trail Mix**-Easy to make and store well in a sealed container

Items to include: low fat granola, whole grain cereals, nuts, sunflower seeds, pumpkin seeds, dried fruits like raisins, cranberries, etc.

### **Healthy Beverages**

Water-satisfies thirst, no sugar or calories, low cost

Seltzer alone or mix with equal amounts of 100% fruit juice

Low-fat and Fat-free milk

Soy and Rice Drinks,

Fruit Juice 100%-

Orange, Grapefruit, and pineapple juices are more nutrient-dense and healthier than apple, grape, and pear juices