



HEALTHY SCHOOL SNACKS

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially disabling diseases, such as childhood diabetes and obesity.

Depending on your family's nutritional values, and the classroom teacher's guidelines, sending a healthy snack with your child remains an option for K-6 students. Below are various ideas for parents, teachers, program providers and care givers for serving healthy snacks and beverages to students in the classroom, in after-school programs or sports activities. The snacks listed below meet the nutritional guidelines (foods will have no more than 15 grams of sugar or 40% of product total calories derived from fat, and no more than 10% of its calories derived from saturated fat) and the portion control guidelines established by the Pleasant Valley School District as part of its locally approved wellness policy.

Healthy Snack Options

❖ **Fruits**

- Apples
- Bananas
- Grapes
- Peaches
- Pears
- Raisins
- Strawberries

❖ **Vegetables**

- Baby Carrots
- Celery Sticks
- Pepper Strips
- Cherry Tomatoes
- Zucchini Sticks

❖ **Dairy Items**

- Yoplait Go-Gurt
- Danimals Drinkables Low-Fat Yogurt
- Low Fat Mozzarella Cheese Sticks (Twist-Ums)
- Yogurt (low fat)

❖ **Beverages**

- Water
- Skim or Low Fat Milk (1%)
- Fruit Juice (100% fruit juice) – no more than 6 oz.

❖ **Healthy Grains**

- Bagels (4 oz.)
- Baked Chips
- Breakfast Cereal (Cheerios, Wheaties, Raisin Bran)
- Granola and Cereal Bars (Nature Valley, Quaker)
- Muffins (4 oz.)
- Popcorn
- Pretzels
- Rice Cakes
- Rice Krispie Treat (small)
- Triscuits