



# Healthy Classroom Snack Ideas to Send to School

Snacks are an important part of children's diets, making up for nutrients not eaten at meals while keeping minds and bodies fueled all day. To **keep snacks healthy**, a good rule of thumb is to have a **healthy form of carbohydrate** (fruit or whole grains, maybe a little added sugar), **three or more grams of fiber**, and/or **five grams of protein**. Snacks like this act more like a "mini-meal," providing a wholesome and sustained source of energy for busy kids.

## Healthy snack ideas for sending to school with your child:

- Whole fruit (rinse fresh fruit in cold water before eating) with 1 oz. cheese or nuts
- 4-6 oz. carton of yogurt or 6-8 oz. drinkable yogurt
- String cheese rolled up in a wholegrain tortilla
- 4 oz. cottage cheese cup w/fruit
- Celery sticks stuffed with peanut butter\*\*\* or low-fat cream cheese
- Graham crackers with peanut butter (or nut-free butter such as Sunbutter® or Soybutter).
- Pretzel sticks (Rolled Gold® makes a tasty honey wheat!)
- ½ Sandwich (made with deli meat, peanut butter\*\*\*, humus, or light cheese)
- Whole wheat English muffin with pizza sauce and mozzarella cheese
- ½ bagel with apple or pear slices and cheese (this is a favorite from a Central Grade School student – thanks for sharing your idea!)
- Hardboiled egg and fruit
- Pita bread and hummus
- Fresh veggies with light Ranch dressing or light flavored cream cheese
- Trail Mix: mix dried fruits, cereal (look for cereals with >3 grams of fiber and little added sugar), nuts\*\*\*, sunflower seeds, or whatever else sounds good!
- Fruit canned in its own juices (rather than syrup or light syrup)
- Applesauce cups (unsweetened) and graham crackers
- Whole grain crackers with cheese, peanut butter\*\*\*, hummus, or refried beans
- Granola/energy bars – these are convenient snacks, however often have a high sugar, fat, and calorie content. When selecting these kinds of snacks for children, look for bars with at least 3 grams of fiber and /or 5 grams of protein. Avoid bars marketed towards adults (sports bars, weight loss bars, etc.)
- Dried fruits – raisins, apricots, cherries, blueberries, dates, etc.

\*\*\* Please contact your school before sending peanut/nut products. Your child's school may have a policy in place restricting peanut/nut consumption due to another student's severe allergy.