

# Healthy School Snack List



## Fruit

- 100% fruit juice with no added sugar
- Fruit smoothies (made with frozen fruit with no added sugar and fat free or low-fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit trays, salads or kabobs (packed from grocery store)
- Canned fruit or fruit cups (in water or 100% fruit juice)
- Frozen fruit or fruit cups (in water or 100% fruit juice)
- Applesauce (unsweetened)
- Dried fruit with no added sugar
- Fresh vegetable trays, salads or kabobs (packed from grocery store)
- Fat free or low-fat yogurt (alone or as dip for fruits or vegetables)

## Vegetables

- Raw Vegetables (ex. Carrots, snap peas, broccoli, cauliflower, sliced peppers, or celery)
- Dehydrated Vegetables (ex. Veggie chips, chickpeas, Edamame)

## Low-fat Dairy/ Protein

- Yogurt parfaits (fat free or low-fat yogurt, fruit and whole grain cereal or granola as topping)
- Sunflower Seed butter (not peanut butter) (serve with fruit or whole grain crackers)
- Low fat cheese cubes or string cheese (serve with fruit or whole grain crackers)
- Deli meats (serve with whole grain tortillas or crackers)
- Bean quesadillas or burritos made with whole grain tortillas with salsa
- Fat free or low-fat pudding

## Whole Grains

- Whole grain pretzels (soft or crunchy)
- Low fat or air popped popcorn (no added butter or salt)
- Graham crackers/ animal crackers
- Small whole grain bagels or English muffins with jelly
- Whole grain cereal bars
- Whole grain crackers
- Baked whole grain tortilla chips
- Baked chips (small portions)



## Drinks

- Water
- 1% or fat free milk
- 100% Fruit/Vegetable Juice

## Dip Ideas

- Hummus, salsa, bean dip, honey mustard, yogurt-based dips

## Remember ☺

- Check ingredient statements and nutrition information to ensure items meet the USDA 'Smart Snacks in School' nutrition standards. See Alliance for Better Health website for a list of those standards:

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

- Or use the Smart Snacks calculator to make sure your snack is approved.

<https://foodplanner.healthiergeneration.org/>

- Check for food allergies of any students in the classroom before choosing any items to send to school.
- Get creative!
- Make it easy by shopping though Amazon.com to find the dedicated online store to already approved USDA snacks:

*ideas  
for parents*