

CLASSROOM SNACKS

Snacks are important for providing students with nutrients to support growth and learning. The best fuel for an active kid comes from foods like whole grains, low-fat dairy, lean protein, and most importantly, fruits and vegetables. Whether eating in the classroom is a daily activity or only happens occasionally, it is an opportunity for classroom staff to be role models by eating healthful snacks with students.



Here are some ideas for nutritious snacks from **A** to **Z**

- **A** – Apples, Apricots
 - **B** – Banana, Bean Dip, Blueberry Bagels
 - **C** – Cantaloupe, Carrots, Celery, Cheese*, Cucumbers
 - **D** – Dried Cereal, Dried Fruit Chips
 - **E** - Eggs
 - **F** – Fig Cookies, Frozen Fruit Bar, Fruit Kabobs
 - **G** – Graham Crackers, Granola Bars, Grapes
 - **H** – Honeydew Melon, Hot Chocolate*
 - **I** – Iced Fruit (frozen grapes or melon cubes)
 - **J** – Juices (100% juice), Jell-O with fruit, Jicama
 - **K** – Kiwi Fruit, Krispy Rice Treats
 - **L** – Low-fat Pudding, Laughing Cow Cheese*
 - **M** – Milk*, Mangoes, Muffins*
 - **N** – Nectarines, Nuts
 - **O** – Orange Wedges, Oatmeal
 - **P** – Past, Peaches, Pita Bread, Pretzels
 - **Q** – Quesadillas* with Salsa
 - **R** – Raisins, Rice Cakes (any flavor)
 - **S** – Strawberries, Salsa Dip, Smoothies (with fruit)
 - **T** – Tortillas with filling, Trail Mix
 - **U** – Unbuttered Popcorn
 - **V** – Vanilla Wafers
 - **W** – Watermelon
 - **X** – eXciting Fruits and Vegetables
 - **Y** - Yogurt
 - **Z** – Zucchini Slices, Zesty Crackers, Z bars (Kids cliff bars)
- * Use low fat versions

HELPFUL HINTS

- Avoid using food as a reward or Punishment
- Involve students in planning for snacks
- Keep snacking fun by keeping a list of new foods that the class has tried.
- If students don't like a food the first time Offer it again –
- Consider ethnic and medical food restrictions and allergies.

READING “NUTRITION FACTS” LABELS

- Show students how to use the serving sizes on the label as a guide for how much to eat.
- Count out a serving size, for example 15 crackers or measure out common servings sizes such as ½ cup
- Choose foods that are less than 5 grams of fat per serving