

Healthy Snack Suggestions

www.farmtoschool.org
www.mypyramid.gov

Nut Free

- Fruit kabobs
- Frozen fruitsicles
- Applesauce
- Fresh fruits
- Fresh veggies, lowfat drsg for dip
- Low fat cheese cubes
- Low fat cottage cheese with diced fresh or canned fruit
- Pita bread with low fat hummus
- Yogurt with fresh fruit
- String cheese rolled into whole wheat tortilla
- Leftover slice of veggie pizza
- Wholegrain cereal dry or with milk
- Bean burrito
- Cookie: oatmeal, molasses, ginger snap
- Lowfat or nonfat plain or flavored milk
- Lowfat pudding
- Soup
- Animal crackers
- Trader Joe's fruit bars
- Cheese quesadilla with salsa and lettuce
- Fruit smoothie
- Small salad with protein source
- Trader Joe's power muffin (blueberry)
- Robert's American Pirate booty, Veggie booty or fruity booty
- Baked pita chips
- Health Valley Apple Cobbler bar
- Health Valley Strawberry Cobbler bar
- Kellogg's Nutrigrain bar
- Pretzels (most brands - check label)
- Light microwave popcorn or air-popped
- Barbara's multigrain cereal bars
- Safeway Healthy Advantage Cereal bars
- Angel food cake plain or topped with fruit
- Whole wheat English muffin
- Bread quarters (try different kinds of bread and various shapes made with cookie cutter)



- Beef or Turkey Jerky
- Hardboiled eggs

May Contain Nuts

- Whole grain crackers with low fat cheese or peanut butter
- Whole wheat bread with peanut butter
- Graham crackers with peanut butter
- Frozen whole grain waffle with peanut butter
- Nuts and seeds
- Health Valley Solar bars
- Nature Valley Granola bars
- Barbara's granola bars
- Celery stuffed with peanut butter
- Chex Mix

Birthday Party/Celebration Suggestions:

Food Related:

Chocolate dipped strawberries
Fruit kabobs
Fruit smoothies
Pretzels
Pizza
Anything healthy with an umbrella in it

Non Food Related:

Create a "Celebrate Me" book
Have the student bring in their favorite game to play
Let the student be "teacher's helper" for the day
Give student a special birthday package (pencils, paper, Stickers, etc.)
Student wears a special birthday banner

Website Resources

www.eatright.org
www.informedeating.org
www.edibleschoolyard.org

