

COMMONWEALTH ELEMENTARY SCHOOL

HEALTHY SNACK GUIDELINES

GOALS:

Children need nutritious foods to support proper growth and development. Frequent consumption of high-fat, high-sugar, low-nutrient foods may lead to the development of health problems, learning difficulties, and behavior issues.

The primary goal of the Healthy Snack Guidelines is to assure students are provided nutrient-dense foods in the school environment. The secondary goal of the Healthy Snack Guidelines include helping children gain greater understanding of healthful eating habits and exposing children to a variety of healthful foods they may otherwise not eat.

HEALTHY SNACK GUIDELINES:

Parents are highly encouraged to send in snacks that will make a positive contribution to their child's diets and health, with an emphasis on providing fruits and vegetables as the primary snacks and water as the sole beverage.

Dairy, protein, and grain foods (preferably whole grains), that are **low** in saturated/ trans-fat and added sugar, are also acceptable snack choices. Candy, cookies, pudding, etc... are not allowed.

HEALTHY SNACK IDEAS

Fruits and Vegetables

- Cut up raw vegetables such as carrot sticks
- Apple slices or bananas
- Raisins, apricots, other dried fruits

Protein Foods

- Edamame (Japanese boiled soy beans in the pods)
- Hummus with whole grain crackers/pita bread
- Tortilla roll-ups with turkey and low fat cheese

Dairy Foods

- Cheddar cheese & whole grain crackers
- Low-fat mozzarella string cheese

Grain Foods

- Whole grain crackers (i.e. Triscuits, Multigrain Wheat Thins)
- Whole grain tortillas
- Granola bars (Nature Valley crunchy, Kroger chewy apple/cinnamon, Country Choice)
- Oatmeal squares, Kashi, TLC, Nature's Path Organic
- Pretzels – try whole grain (i.e. Snyder's multigrain sticks)
- Bagels
- Bran muffins with raisins
- Banana bread, zucchini bread
- Rice cakes
- Low-fat graham crackers, 100% whole grain Fig Newtons