

Snack Check

Healthy Snacks Your Child Can Bring to School!



Fruits & Vegetables

- Any whole fruit
Try: Apple, orange, pear, banana
- Canned fruit, in its own juice (1/2 cup)
Try brands like Dole, Del Monte, Motts
- Dried fruit 1/4 cup
Try: raisins, apricots, mango, & papaya
- Chopped vegetables (at least 1/2 cup)
Try: Peppers, carrots, cherry tomatoes, cucumber rounds
- Salsa (1/2 cup)
- Guacamole (2 Tbsp)

Dairy Products

- Low fat (or part-skim)
- Low fat sliced, cubed, or string cheese
(1 oz = 1 slice, 1 string tube)
Try brands like: Laughing Cow, Alpine Lace, and Cabot's
- Low fat yogurt (1 cup unsweetened)
- Low fat cottage cheese (1/2 cup)

Protein Foods

- Hummus & other bean spreads (2 Tbsp)
Can be found in refrigerated case near deli
- Hard boiled egg (1 each)

Whole Grains

- Whole grain crackers
Try brands like: Kashi TLC (16 crackers), Triscuits & Woven Wheats (6 crackers)
- Light Popcorn (2-3 cups)
Try brands like: Jolly Time Low fat or Boston Light popcorn
- Whole wheat/grain breads and bagels (slice bread, 1 mini bagel)
- Whole wheat tortilla (1 tortilla)
- Whole grain cereal (1 cup)
- Try brands like: Cheerios, Kashi, Raisin Bran, Multigrain Chex
- Whole grain pretzels (20 tiny twists)
- Granola bars (1 each)
- Try brands without chocolate & frosting like: Nature Valley & Kashi
- Whole grain chips (8-12 chips)
Try brands like: Snyder's, Garden of Eatin' Blue organic chips, & Green Mountain Gringo
- Whole grain Gold Fish (1 serving)

Restricted to Cafeteria

- *Low salt nuts & seeds (1/4 cup)
- *Trail mix- Add nuts, seeds, dried fruit together (1/3 cup)
- *Nut butters, peanut, almond, soy (2 Tbsp)
Try brands like: Teddy or Trader Joes natural peanut butter

Note:

- **Look for Whole Grain products with at least 2 grams of fiber per serving**
- **Make portion sizes smaller to fit your younger child's needs!**

Remember food safety! Add a small frozen gel pack or frozen drink to keep snacks from spoiling.

Check Out These Tips to Maximize Your Child's Health

- 5-2-1 (5 servings of fruits and vegetables per day, 2 hours or less of screen time per day, 1 hour of physical activity per day).
- A healthy diet is made up of low fat and no trans-fats, whole grains, low fat dairy products, and lean (chicken, fish, turkey, lentils, kidney beans, chick peas) proteins.
- Trans-fat is not good for our heart and is not part of a healthy diet. Check trans-fat on the food label, it should be 0 grams per serving.
- If a food item is whole grain, the first ingredient on the food label should read whole grain or whole-wheat flour (not enriched wheat flour)! Look for these stamps on food packages help you check for true whole grain item!



Send 2 Food Groups Together & Make a Healthier Snack ✓ +

- Combine fruit with low fat cottage cheese & crackers
- Dip vegetables in hummus, salsa, guacamole
- Combine low fat cheese with whole grain crackers/breads
- Combine dried fruit with whole grain cereal
- Combine beans/seeds with chopped vegetables
- Combine trail mix with a piece of fruit
- Blend low-fat yogurt with fruit and whole grains

Nutrition Facts	
Fruit and Bran Smoothie	
Serving Size 1/2 of recipe	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value (DV)*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 25g	
Protein 4g	
Vitamin A	60%
Vitamin C	180%
Calcium	10%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Promote optimal learning in the classroom!

Please do NOT send UNHEALTHY snacks like soda, fruit drinks, candy, high fat chips, cheese doodles, buttered popcorn, butter crackers, pre-packaged peanut butter crackers, donuts, cakes, & cookies.

Adapted from Cambridge Public Health Department