

HEALTHY CELEBRATION AND SNACK IDEAS

Our school wellness policy requires that all foods offered in school meet the USDA Smart Snacks for schools regulations. Below are lists of suggested alternate snack ideas for classroom celebrations and snacks.

Rule of thumb guidelines are to choose items that have no added sugar and are lower in fat. Grain items should list Whole Grain as the first ingredient on the package.

Food Items

Yogurt Cups or parfaits
Smoothie Drinks
Cheese Sticks
Pudding Cups
Fresh Fruit- apple slices, orange smiles, bananas
Fruit Cups
100% Fruit Juice
Cut Veggies and Low-Fat Dip- sliced cucumber, baby carrots, celery sticks
Dried Fruits / Raisins
Low Sugar Gelatin Cups
Low Sugar Granola Bars
Whole Grain Crackers
Whole Grain Pretzels
Whole Grain Goldfish
Low Fat Popcorn
Whole Grain Animal Crackers
Whole Grain Muffin
Oatmeal Bar

Non Food Items

Pencils
Pens
Crayon Packets
Markers
Rulers
Book marks
Coloring Books / Coloring Page
Stencils
Stickers
Puzzles
Erasers
Playing Cards
Card Games
Party Hats
Sunglasses