

## 2.1. HEALTHY SNACKS

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity. Below are ideas for parents serving healthy snacks and beverages to children in the classroom or anywhere!

DRINKS	SNACKS	FRUIT AND VEGGIES	SUBSTANCIAL GOODIES	SWEETS
Small water bottle	Cereal Bar	Apples	Meat Sandwich (NO PEANUT BUTTER)	Jelly Sandwich (NO PEANUT BUTTER)
Vitamin Water	Dry Cereal (nut free)	Applesauce	Cheese Sandwich	Nut Free Granola Bar
Propel	Goldfish	Grapes	Bagel and cream cheese	Oatmeal Cookies
100% Juice box	Cereal	Blueberries	Cream cheese and cucumber Sandwich	Baked Chips
Regular Milk Box	Pretzels	Blackberries	Cream cheese and fruit wrap	Fruit Snacks
Small V8 juice	Chex Mix	Strawberries	Beef Stick	Jell-O
Soy/Rice Milk Box	Nilla Wafers	Raisins	Dinner leftovers	Rice Pudding
Small Apple can	Graham crackers	Peaches	Tuna sandwich with Pita bread	Rice Crispy Treat
Smoothie	Rice cakes	Plum	Deli meat and cheese rollup	Yogurt and fruit
Carrot Juice	Popcorn	Oranges	Yogurt and Granola	Fruit Trail Mix (nut free)
100% Orange Juice	Corn muffins	Banana	Cottage cheese with peaches or pears	Dried Fruit
Cranapple Juice	Blueberry Muffins	Cherries	Hard boiled Egg	Fruit Leather
100% Grape Juice	Raison Bread	Watermelon	Egg Salad Sandwich	Sugar free pudding
100% grapefruit juice	Banana bread	Honey Dew Melon	Hummus and carrots	Fig Newton's
Herbal tea box	Pumpkin bread	Fruit Cup	Cheese sticks	Fruit Bars
Lemonade box	Rice Cakes	Carrots	English muffin w/pizza sauce and mozzarella cheese	Graham crackers sandwich filled with cream cheese
Mango Drink box	Yogurt	Celery	Bell peppers and white bean dip	Breakfast waffle with cream cheese and strawberry jam
(NO SODAS PLEASE!)	Bread w/butter	Cherry Tomatoes	Veggies with ranch dip	Sugar free Jell-O
	Pumpkin seeds	Snap Peas	Cheese and wheat crackers	Baked apple with cinnamon
	Veggie Chips	Bell Peppers	Cold soup	Carrot cake with no icing
	Bagel chips	Olives	Cold Mac n cheese	Popcorn balls
	Sweet potato chips	Pickles	(NO PEANUT BUTTER PLEASE!)	(NO CANDY PLEASE)