

Snack Ideas for School & Classroom Parties

Schools are responsible for helping students learn lessons about good nutrition and healthy lifestyles and students should practice these lessons at snack time and during school parties. Be sure to consider ethnic and medical food restrictions and allergies when providing classroom snacks.

Here is a list of healthy snack choices to consider for classroom events. Serving healthy foods and incorporating physical activities make a powerful statement. Actions speak louder than words: Lead by example.

- ◆ Fresh fruit and vegetables –
Buy locally when possible.
- ◆ Yogurt
- ◆ Bagels (whole grain) with lowfat cream cheese
- ◆ Baby carrots and other vegetables
with lowfat dip
- ◆ Trail mix
- ◆ Nuts and seeds
- ◆ Fig cookies
- ◆ Animal crackers
- ◆ Applesauce
- ◆ Baked chips
- ◆ Lowfat popcorn
- ◆ Granola bars*
- ◆ Soft pretzels and mustard
- ◆ Pizza (no extra cheese and no more than one meat)
- ◆ Peanut butter and crackers
- ◆ String cheese
- ◆ Cereal bar
- ◆ Snack sausage / jerky
- ◆ 100% fruit juice (small single-serves)
- ◆ Bottled water (including flavored water)