

Healthy Snacks Ideas

Information below is from "Action for Healthy Kids"

Important: Please be sure to check with school staff on any **food allergies** (i.e., nut, dairy, etc.) before purchasing snacks for students.

Fruits

Fresh whole or sliced fruit assortment

Fruit salad or kabobs

Dried fruit or 100% fruit leathers

Frozen fruit (try frozen grapes!)

Sliced apples with cinnamon

Unsweetened applesauce

100% fruit popsicles

Banana pops (bananas, sliced in half, popsicle sticks inserted, rolled in yogurt and whole grain cereal toppings, and frozen)

Whole Grains

Low fat popcorn

Whole grain bagel slices, muffins or pita with hummus

Low fat breakfast or granola bars

Low Fat/Fat-Free Dairy

String cheese

Yogurt (try squeezable!)

Yogurt smoothies or parfaits

Vegetables

Raw vegetables (baby carrots, sugar snap peas, sliced bell peppers and more) with low fat dip

Celery topped with low fat cream cheese & raisins and/or 100% fruit preserves

Edamame – boiled soybeans served in the pods

DIPS: hummus, salsa, bean dip, honey mustard, low fat ranch, low fat yogurt

Edible Art

“Watermelon Turtles” (hollowed-out watermelons carved to look like turtles, filled with fruit)

“Veggie-Head Bagels” (mini whole grain bagels with low fat cream cheese; use small pieces of veggies like broccoli, carrots, and peppers to create fun faces)

Mixed Foods

Air-popped popcorn with dried fruit

Low fat cheese on whole grain crackers

Sliced apples with low fat cheese slices

Whole grain pizza with low fat toppings

Whole grain pancakes topped with fruit

Wraps with low fat ingredients

Quesadillas or bean burritos with salsa

Low fat cottage cheese with fruit

Baked tortilla chips with salsa or bean dip

Trail/cereal mix (low fat/low sugar)

Fruit-n-cheese pretzel kabobs

Whole grain rice cakes topped with bananas or other fruit

Low sodium sliced turkey wrapped around slices of cucumber, bell peppers, or carrots

Mini sandwiches cut into fun shapes with cookie cutters

Get Kids in on the Act!

Bring in the ingredients and students can make their own:

Trail Mix – pretzels, dried fruit, whole grain-low sugar cereals, sunflower or sesame seeds, etc.

Fruit Salad – apples, oranges, strawberries, blueberries, bananas, kiwi, pineapple, etc.