



HEALTHY SNACKS



FOR HAPPY STUDENTS

Classroom parties buzz with excitement — followed by a sugar crash. That's anything but fun and games. Want to keep the kids healthy and energized? There are plenty of healthy snacks you can send into the classroom that are quick-to-fix, healthy and budget-friendly. Below are 20 ideas for healthy snacks that will provide a snack for 25 students.

APPLESAUCE

STRING CHEESE

POPCORN

CLEMENTINES

BANANAS

APPLES

SMALL BOX OF RAISINS

SMALL BAG OF NUTS*

*Check your school's nut policy

BABY CARROTS

KIWIS

FRUIT CUPS

SQUEEZABLE YOGURT

GUACAMOLE CUPS

GRANOLA BARS

Look for ones with less than 6 grams of sugar

FREEZE-DRIED FRUIT

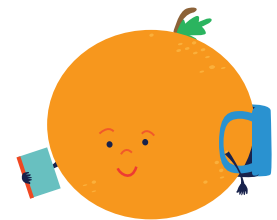
2% MILK BOXES

MINI WATER BOTTLES

HUMMUS CUPS

WHOLE WHEAT CRACKERS

GREEK YOGURT POPSICLES



4 TIPS FOR READING LABELS

- 1. Look for a minimal amount of added sugars.** Many labels now have this separated out, and lower is better. For a snack like a bar, aim for no more than 5-8 grams (and try to stay close to the lower range).
- 2. Look at the first three ingredients.** If they're things like whole grains, fruits, vegetables, nuts or another source of protein, that is a good sign. If it's sugar, cane sugar, honey, sucralose or something related to sugar, pass them over.
- 3. Choose whole grain products when possible.**
- 4. Look for reduced sodium options.** Many snack foods are high in sodium, which can add up quickly.

Want to make your own? Find kid-friendly, easy snack recipes at

 **ShapeYourFutureOK.com**