

## Healthy School Snack Suggestions

From the Thurston PTO Wellness Committee and the Ann Arbor School District's Project Healthy Schools

We all struggle to find a variety of healthy snacks to send with our children to school. With the implementation of the Ann Arbor Public School District's new Wellness Policy, healthy snacks at school are encouraged. Here are ideas for:

- ❑ **When you're asked to bring a snack to your child's classroom**
- ❑ **When you reach for the same old snack and want to try something new**

### Go for fresh fruits and vegetables

Kids will surprise you— many kids will enjoy cucumber or turnip slices for a snack. They like the crunch. Experiment ☺

Many kids have tried new fruits and vegetables on the **Farm Fresh Fridays** and surprisingly liked them!

**Go for the grain.** Whole-grain snacks — such as whole-grain pretzels or tortillas and low-sugar, whole-grain cereals — can give kids energy with some staying power.

For example, Triscuit crackers have 3 g fiber/serving, and several of the Trader Joes brand do too.

**Think outside the box.** Offer something new, such as fresh pineapple, cranberries, red or yellow peppers, or roasted soy nuts. Slice a whole-wheat pita and serve with hummus.

**Have fun.** Use a cookie cutter to make shapes out of low-fat cheese slices, whole-grain bread or whole-grain tortillas.

**Treats—Save for After School.** Goldfish, Cheezits, Vanilla Wafers, 100-calorie pack cookies, fruit snacks and similar products

### Snack Suggestions

Orange slices

Cucumber slices

Red and green pepper slices

Celery spread with raisins, cream cheese or peanut butter (if allergies are not an issue)

Raisins

Apples

Apple slices with some lemon juice squeezed on to keep from browning  
Apple slices with a sprinkle of cinnamon  
Bananas  
Grapes  
Melon chunks  
Low fat cheese sticks  
Low fat cheese cut into cute shapes with a cookie cutter  
Cherry or grape tomatoes  
Strawberries  
Applesauce (unsweetened)  
Other unsweetened or fruit juice packed canned fruit

**Include two food groups if possible, such as:**

Cheese or turkey and whole grain crackers  
Yogurt and fruit  
Yogurt and cereal  
Apples and milk  
Grapes and carrots  
Carrots and hummus dip  
Cereal and milk

**Other quick snacks**

Popcorn – select low fat or make it yourself  
Hard boiled eggs  
Whole wheat mini bagels and cream cheese  
Whole grain bread and cream cheese  
Whole grain tortillas  
Cereal bars (watch for nut allergies if serving to other children)  
String cheese / cheese sticks  
Pudding  
Yogurt  
Yogurt tubes (some brands have less sugar, like Stonyfield and Horizon)