

## HEALTHFUL FOOD CHOICES FOR SCHOOL SNACKS & CELEBRATIONS

### Classroom snacks:

Ideas for classroom snack donations:



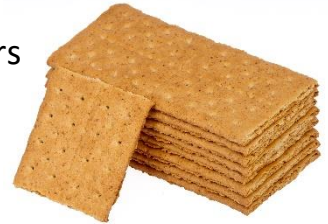
#### Perishable (when refrigerator is available, or serving same day)

- Baby Carrots
- Snap Peas
- Mini apples
- Tangerines/satsumas
- Grapes
- String cheese



#### Non-perishable

- Whole grain cereals with low added sugar
- Popcorn (low salt)
- Roasted pumpkin or sunflower seeds
- Dried fruits with no/low added sugar, e.g. raisins, apricots, apples
- Whole grain crackers



### Birthday celebrations:

If food is allowed by your child's teacher, here are some healthful, kid-friendly treats:

- Fresh fruit, e.g. watermelon or orange slices
- Fruit & cheese kabobs
- Popcorn (low salt)
- 100% fruit juice popsicles
- 100% fruit leathers
- Squeezable frozen yogurts

