



## Healthy Snacks

- Fruit popsicles or kabobs
- Ants on a log—celery with peanut butter and raisins
- Apple slices with peanut butter or caramel dip
- Whole grain tortilla chips with salsa
- Whole grain crackers and reduced fat cheese
- Butterfly shaped goldfish and grapes (in photo)
- Fruit and yogurt dip
- Trail mix (nuts alert)
- Fruit kabobs
- Fruit and Yogurt dip
- Fresh Vegetables with healthy dip, such as hummus
- Frozen bananas
- Trail mix (nuts alert)
- Fruit Muffins
- Frozen strawberries in Greek yogurt
- Whole grain crackers and reduced fat cheese
- PB&J sushi \*add Rice Krispies for crunch\*
- Apple & peanut butter sandwiches
- Angel food cake topped with fresh fruit
- Applesauce
- Light or low-fat popcorn
- Veggie pitas—allow kids to fill pita bread with vegetables and add their favorite low-fat dressing
- Baked Apple Chips (<http://www.delightedmomma.com/2011/09/baked-apple-chips.html>)
- Have students all bring in a piece of fruit and the class makes a fruit salad together
- Wacky Bananas – decorate unpeeled bananas with ribbons and messages
- Watermelon pops – Cut slices or chunks of watermelon, put on a craft stick and freeze
- Fruit cone- serve melon balls, grapes or berries in an ice cream cone



Many times in elementary schools, snacks are given to help students function throughout the day. If lunchtime is scheduled early in the day, an afternoon snack can fill the gap until dismissal. Sugary snacks offer empty calories that result in a sugar crash and nonproductive learning. Snacks of whole grains and other nutrients can satisfy the stomach and offer the student a much needed brain fuel to complete the day.

Healthy Snack ideas:

[http://www.cspinet.org/new/pdf/healthy\\_school\\_celebrations.pdf](http://www.cspinet.org/new/pdf/healthy_school_celebrations.pdf)

Healthy Snack ideas from Parents.com:

<http://www.parents.com/toddlers-preschoolers/feeding/healthy-eating/the-20-best-snacks-for-kids/#page=15>

Snack tips from the Mayo Clinic:

<http://www.mayoclinic.com/health/childrens-health/HQ00419>

Food and Recipe Ideas from 100 Days of Real Food:

<http://www.100daysofrealfood.com/real-food-resources/>

100 Snack Ideas from Snack Girl:

<http://www.snack-girl.com/snack/healthy-snacks/#1minute>

Healthy School Snacks from Montana Office of Public Instruction:

<http://www.opi.mt.gov/pdf/SchoolFood/Resources/TN/healthyschoolsnacks.pdf>

*"In school classrooms, we often put the cart before the horse. Before we can educate a child's mind we must tend to his bodily needs. A tired, hungry, uncomfortable child does not learn well."* -  
Marilisa Kinney Sachteleben