

Classroom Snacks

Snacks are important for providing students with energy and important nutrients to support growth and learning. The best fuel for an active kid comes from foods like whole grains, low-fat dairy, lean protein, and most importantly, fruits and vegetables. Whether eating in the classroom is a daily activity or only happens occasionally, it is an opportunity for classroom staff to be role models by eating healthful snacks with students.

Here are some ideas for nutritious snacks... from A to Z

- A** – Apples, Apricots
- B** – Banana, Bean Dip, Blueberries, Broccoli
- C** – Cantaloupe, Carrots, Celery, Cheese*, Cucumbers
- D** – Dried Cereal, Dried Fruit
- E** – Eggs
- F** – Fig Bars, Frozen Fruit Bar, Fruit Kabobs
- G** – Graham Crackers, Granola Bars, Grapes
- H** – Honeydew Melon, Hot Chocolate*
- I** – Iced Fruit (frozen grapes or melon cubes)
- J** – Jicama, Juices (100%), Jello with fruit
- K** – Kiwi Fruit, Krispy Rice Treats
- L** – Low-fat Pudding, Lettuce wraps
- M** – Mangoes, Milk*, Muffins*
- N** – Nectarines, Nuts
- O** – Orange Wedges, Oatmeal
- P** – Peaches, Pita Bread, Pretzels
- Q** – Quesadillas* with Salsa
- R** – Raisins, Rice Cakes (any flavor)
- S** – Strawberries, Salsa Dip, Smoothies (with fruit)
- T** – Tortillas with filling, Trail Mix
- U** – Unbuttered Popcorn
- V** – Vanilla Wafers
- W** – Watermelon, Whole grain crackers
- X** – eXciting Fruits and Vegetables
- Y** – Yogurt
- Z** – Zucchini Slices, Zesty Crackers, Z bars

Reading "Nutrition Facts" Labels

- Show students how to use the serving sizes on the label as a guide for how much to eat. The size of their fist and the palm of their hand are good visuals for one serving
- Count out a serving size, for example 15 crackers or measure out common servings sizes such as ½ cup
- Choose foods that are less than 5 grams of fat per serving, and contain little to no trans and saturated fat



Helpful Hints

- Avoid using food as a reward or punishment
- Involve students in planning snacks
- Keep snacking fun by keeping a list of new foods that the class has tried
- Encourage students to at least try a new food and offer it more than once
- Consider food restrictions (such as food allergies) when planning a snack schedule

* Use low fat versions