

Make your snack
colorful with
fruits & veggies!



FRUITS AND VEGGIES ARE FULL OF NUTRITION AND LOW IN CALORIES

- Fresh fruit assortment
- Fruit and low-fat cheese kabobs
- Prepackaged fruit packed in 100% juice
- Prepackaged natural applesauce
- **Fresh Veggies:** carrots, snap peas, grape tomatoes, celery, pepper strips, cucumbers, zucchini, jicama- with hummus, peanut butter or low-fat vegetable dip
- Yogurt Parfaits: Low-fat yogurt layered with fresh fruit and/or low-fat granola

HEALTHY SNACKS

WHOLESOME WHOLE GRAINS

- Popcorn
- Whole grain crackers, cereals & cereal bars
- Tortilla chips with salsa or bean dip
- Whole grain mini bagel or English muffin
- Whole grain raisin bread

DAIRY/PROTEIN

DAIRY HELPS BUILD STRONG
BONES AND TEETH

PROTEIN HELPS OUR
BODIES FEEL FULL

- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Low-fat or fat free milk/ flavored milk
- Hard-boiled egg
- Trail mix with raisins or dried fruit

PROMOTE HEALTH

- Eat a variety of fruits and veggies each day
- Aim for 2 cups of FRUIT and 2 1/2 cups of VEGGIES daily
- Choose whole grains & low fat dairy

SUPPORT SCHOOL WELLNESS

- Keep your snack tasty and nutritious by choosing items that have less than 200 calories per serving

JAZZ UP WATER INTAKE

- Avoid sugary beverages filled with empty calories
- Add sliced lemons, limes, oranges, kiwi, berries, melons or a sprig of mint to your water

SAFETY FIRST

- Consider avoiding snacks that might be harmful to those with allergies

Contact PartnerSHIP 4 Health

Phone: 701-371-9644
Email: knitzkorski@gmail.com
ktischer@lcsc.org



Fresh and colorful
choices really
pack a punch!