

Healthy Snacks

Make Your Snack Colorful with **Fruits & Veggies**

~ Fruits and veggies make great snacks ~
They are full of nutrition and low in calories!

- Fresh fruit assortment
- Fruit and low-fat cheese kabobs
- Frosty fruits: freeze your own fruits for a frosty treat
- Sliced fruit with spiced yogurt: 1/4 tsp cinnamon per one cup of low-fat vanilla yogurt
- Prepackaged fruit packed in 100% juice
- Prepackaged natural applesauce
- Fresh vegetables: carrots, snap peas, grape tomatoes, celery, pepper strips, cucumbers, zucchini, jicama - with hummus or low-fat vegetable dip
- Yogurt Parfaits: Low-fat yogurt layered with fresh fruit and/or low-fat granola
- Raisins or Dried Fruit Mix

Wholesome Whole Grains

~ first ingredient should be a whole grain ~

- Low-fat or air-popped popcorn
- Whole grain crackers
- Whole grain cereal bars
- Whole grain cereals
- Whole grain tortilla chips with salsa or bean dip
- Whole grain mini bagel or English muffin
- Raisin bread

Low-Fat Dairy and Protein

Dairy foods help build strong bones and teeth and protein packed snacks keep bodies feeling full for a longer period of time!

- 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 no candy pieces)
- Nuts / Seeds
- Peanut Butter / Hummus for dipping

Promote Health!

- Eat a variety of fruits & Veggies each day
- Aim for 2 cups FRUIT and 2 ½ cups VEGGIES daily
- Choose whole grains & Low fat dairy

Support School Wellness

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

Jazz Up Your Water

Avoid sugary beverages filled with empty calories. Add sliced lemons, limes, oranges, kiwi, berries, melons or a spring of mint to water!

Safety First

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

Healthy snacks give kids energy to

LIVE, LEARN & PLAY!

For more ideas visit:

<https://foodplanner.healthiergeneration.org/products/>

IDEAS FOR ALTERNATIVES TO FOOD REWARDS

Schools can help promote a healthy learning environment by using nonfood rewards. The ideas below are just a beginning and can be modified for different ages. Be creative and don't forget the simple motivation of recognizing students for good work or behavior.

Elementary School Students

- Make deliveries to office
- Teach class
- Be a helper in another classroom
- Read morning announcements
- Sit with friends
- Have lunch or breakfast in the classroom
- Have a private lunch in the classroom with a friend
- Play a favorite game or do puzzles
- Extra recess time
- Free time at the end of class
- Dance to music in the classroom
- Walk with the principal or teacher
- Fun physical activity break
- Trip to treasure box filled with nonfood items, e.g., stickers, pencils, erasers, bookmarks, school supplies
- Teacher or volunteer reads special book to class
- Fun movie
- Certificate, trophy, ribbon, plaque
- Teacher performs special skill, e.g., singing, guitar playing
- Listen to music or a book on audiotape
- Read outdoors or have class outdoors
- Extra art, music or reading time
- Access to items that can only be used on special occasions, e.g., special art supplies, computer games, toys
- Gift certificate to school store (nonfood items)
- Commendation certificate or letter sent home to parents



- Show-and-tell
- Earn points or play money for privileges or nonfood items

Middle School Students

- Sit with friends
- Choose partners for activities
- Listen to music while working at desk
- Reduced homework or "no homework" pass
- Extra credit
- Fun movie
- Brainteaser puzzles, group activities and games
- Earn points or play money for privileges or nonfood items
- Computer time
- Free choice time or chat break at end of class
- Assemblies
- Field trips
- Eat lunch outside or have class outside

High School Students

- Extra credit
- Fun movie
- Reduced homework
- Late homework pass
- Donated coupons for music or movies
- Drawings for donated prizes
- Pep rally
- Recognition on morning announcements
- Tickets to school events, e.g., dances

Resources

Action Guide for School Nutrition and Physical Activity Policies. Connecticut State Department of Education, 2006 (Revised 2009).

<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322436>

Healthy School Environment Resource List. Connecticut State Department of Education.

http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Nutrition/hse_resource_list.pdf

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