

Wellness Education: Barneveld Elementary School

Food & Beverage Ideas for Healthy Snacks and Classroom Celebrations/Rewards

Fruit

Can be served whole, cut into pieces or wedges. The recommended daily intake of fruit for children ages 4-13 is 1-1.5 cups. While fresh fruit is preferred when available, frozen, canned, or dried fruit without added sugars can be served.

- Fruit salads with grapes, apples, berries and melon
- Dried fruit trail mixes
- Applesauce
- Fruit-based popsicles
- Party Idea: Make your own fresh fruit kabob or smoothies with fruit, milk/soy milk and ice.

Vegetables

Cut into sticks or bite-sized pieces. The recommended daily intake for vegetables for children ages 4-13 is 1.5-2.5 cups.

- Fresh vegetables with dip (carrots, sugar snap peas, bell pepper with yogurt based dips, guacamole and hummus)
- Veggie Pockets (whole-wheat pita pocket or tortilla, vegetables, and hummus)
- Party idea: Make-your-own salad bar

Whole Grains

Whole grains can be a great snack with nut butter spreads and other healthy dips. The recommended daily intake of grains for children ages 4-13 is 2.5-3 oz.

- Whole grain pretzels and crackers with toppings like low-fat cheese
- Rice cakes made from brown rice
- Popcorn with little or no added salt or butter
- Baked whole grain tortilla chips with salsa or guacamole

Protein

Nuts, seeds, peas and beans are healthy sources of protein and make easy classroom snacks. The recommended daily intake of protein foods for children ages 4-13 is 4-5 oz.

- Bean dips with vegetables or whole-grain crackers
- Trail mix with assorted nuts and seeds
- Party idea: Make-your-own trail mix

Low-Fat Dairy

These products can be switched out for calcium fortified alternatives like soy milk if children are lactose-intolerant. The recommended daily intake of dairy for children ages 4-13 is 2.5-3 cups, depending on age, sex and physical activity level.

- Low-fat cheese stick
- Yogurt: individual servings of low-fat yogurt with moderate or no added sugars (No more than 30 grams of sugar per 8 oz. serving)
- Party idea: Build-your-own parfaits with fruit, yogurt and granola

Healthy Alternatives to Junk Food and Dessert

These items can be swapped in for popular junk food and dessert items such as cakes and cookies.

- Cakes without icing or topped with fruit and reduced fat whipped topping
- Oatmeal raisin cookies
- Fig bars
- Reduced-fat popcorn (light, air-popped popcorn with low salt and little oil) · Whole grain crackers and cheese cubes

Reference: Healthy Schools Campaign (www.healthyschoolscampaign.org)

For additional suggestions of healthy school snacks, see the Center for Science in the Public Interest: cspinet.org/nutrition_policy/healthy_school_snacks.html