

# New Prairie United School Corporation's Healthy Snack Suggestions

Dried fruit – alone or mixed with nuts, raisins, sunflower seeds

Fresh fruit – whole or cut for small bite-sized fruit-cups

Raisins – regular or golden

Veggies – be creative – add peanut butter, low-fat cheese or low-fat yogurt spread

Fruit leather (We recommend Stretch Island 100% fruit) Avoid sugar-laden fruit snacks

Sunflower seeds – flavored are fine, just watch for added sugar

Corn or soy nuts

Unsweetened applesauce – makes a great dip for animal crackers!

Pita wedges with hummus

Tortilla chips with bean dip – watch for high fat and carbohydrate counts on the chips

Animal crackers

Graham crackers – plain, not sugar dusted

Yogurt

Lowfat cheese

Baked pita chips

Whole wheat/whole grain crackers

This list is not meant to be limiting nor is it meant to be comprehensive, these are just some suggestions. We recommend that you use your creative talents when serving snacks to kids - cutting fruit into fun shapes, mixing yogurt with cottage cheese to make a colorful, tasty dip for veggies, etc. will help your children learn to love eating healthy snacks. The Internet is a good resource when looking for healthy snacks and recipes. Keeping a good balance of fat, fiber, and carbohydrates is important when choosing snacks.

The best "rule of thumb" is avoid high fat, high sugar snacks - no fried chips, no candy. If you want to bring a snack in for your child's class but you are not sure if it fits within the corporation's policy guidelines, please contact Tammy Watkins, Food Service Director.

**NO DRINKS OTHER THAN WATER SHOULD BE SENT IN FOR CLASSROOM DRINKS.**