



Our goal at school is to provide students with healthy snacks. Most children do not get enough fruits and vegetables on a daily basis. Research has shown that 5 fruits and vegetables a day are the minimum required for good health. Fruits and vegetables are loaded with vitamins and minerals, are low in fat, sugar and salt, and high in fiber. Below is a list of snack suggestions for birthday celebrations, etc. that we encourage our families to provide. Please keep in mind that snacks should be peanut-free as well. Thank you.

Fresh fruit:

Apples
Bananas
Oranges
Clementines
Cantaloupe
Watermelon
Asian pears
Strawberries
Fresh pineapple
Canned pineapple (in juice vs. syrup)
Canned peaches (in juice vs. syrup)

Fresh vegetables:

Carrots
Zucchini
Cucumber
Red, Orange, Yellow bell peppers
Cherry tomatoes

Dips and Spreads:

Ranch dressing
Cream cheese – plain
Hummus
Yogurt

Cheese:

Cheese cubes
Cheese slices

Crackers/bread:

Whole grain (no trans fat) crackers
Bagels (½ large or 1 mini bagel per child)
Whole wheat bread and Butter
Low Salt Pretzels
Whole Grain Gold Fish – no colors please
Zucchini bread, banana bread, etc.