

# Some Healthy Snack Ideas

Pretzels  
Baby Carrots  
Pre-packaged apple slices  
Celery and peanut butter \*  
Individual raisin boxes  
Individual raisin boxes (yogurt covered)  
Individually wrapped cheese sticks  
Jello cups (low-calorie)  
Pudding cups (sugar-free or fat-free)  
Goldfish  
Graham crackers or Teddy Grahams  
Applesauce cups (no sugar added)  
Bananas  
Fat free yogurt with granola  
Fruit leather (100% real fruit)  
Animal Crackers

## Beverages:

Low fat milk\*\*  
Small water bottles  
100% fruit juice

\*Ask your teacher if your class has any students with allergies.

\*\*You may be able to purchase milk from your school's cafeteria with enough notice. Check with the head cook at your school.

All treats must be sealed until bought into the classroom. No homemade treats are allowed. Anyone serving food must wear gloves.

(List developed by Heather Barrett-Harbron and Food and Nutrition Advisory Committee. February 2011)

