


Healthy Food Ideas: School Snacks, Celebrations & Family Events¹



Snack time, celebrations, and family events are great opportunities to promote a healthy lifestyle, provide consistent messages and create excitement around nutritious choices. When food is a part of the school day or a special school event, offer a variety of healthy options including fruits, vegetables, whole grains, low fat/fat-free dairy products and water.

<p>Fruits</p> <ul style="list-style-type: none"> ■ Fresh whole or sliced fruit assortment ■ Fruit salad or kabobs ■ Dried fruit or 100% fruit leathers ■ Frozen fruit (try frozen grapes!) ■ Sliced apples with cinnamon ■ Unsweetened applesauce ■ 100% fruit popsicles ■ Banana pops (bananas, sliced in half, popsicle sticks inserted, rolled in yogurt and whole grain cereal toppings, and frozen) 	<p>Low Fat/Fat-Free Dairy</p> <ul style="list-style-type: none"> ■ String cheese ■ Yogurt (try squeezable!) ■ Yogurt smoothies or parfaits 
<p>Whole Grains</p> <ul style="list-style-type: none"> ■ Low fat popcorn ■ Whole grain bagel slices, muffins or pita with hummus or peanut butter ■ Low fat breakfast or granola bars 	<p>Vegetables</p> <ul style="list-style-type: none"> ■ Raw vegetables (baby carrots, sugar snap peas, sliced bell peppers and more) with low fat dip ■ Celery topped with peanut butter & raisins or low fat cream cheese & 100% fruit preserves ■ Edamame – boiled soybeans served in the pods <p>DIPS: hummus, salsa, bean dip, honey mustard, low fat ranch, low fat yogurt</p>

WARNING: A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter, or other nuts as a snack, make sure none of the children have an allergy.

Edible Art

Creative parents can make items like “Watermelon Turtles” (hollowed-out watermelons carved to look like turtles, filled with fruit) or “Veggie-Head Bagels” (mini whole grain bagels with low fat cream cheese; use small pieces of veggies like broccoli, carrots, and peppers to create fun faces). In fact, edible “food art” can be created using a variety of healthy foods. Kids will have a blast making and eating the good-for-you treats.

Drinks

- Water
- Low fat or fat-free milk
- 100% fruit juice
- Sparkling punch (seltzer & 100% juice)

