

HEALTHY SINGLE SERVING SNACKS IDEAS

Snacks are a great way to provide quick energy for people on the go. Healthy snacks supplement meals by helping to provide the nutrients and energy growing bodies need. Offer foods like fruits and vegetables, whole grains and dairy, rather than sugary treats and beverages filled with empty calories.

NOTE: When providing snacks for a classroom or sports team, it is best to avoid products containing nuts, peanuts and peanut butter to prevent complications for children with allergies.

BEVERAGES

- Water
- 100% Fruit Juice
- 100 % Vegetable Juice
- Low-fat or fat-free Milk
- Low-fat or fat-free Flavored Milk



GRAB-AND-GO SNACKS

- Hard-boiled Eggs
- Low-fat Popcorn
- Tortilla Chips & Salsa
- Low-fat Cheese Sticks
- Granola Bars (no nuts)
- Pretzels or Soft Pretzels
- Other Low-fat Cheeses
- Raisins or Dried Fruit Mix
- Low-fat Yogurt or Pudding
- Fresh Veggies & Low-fat Dip
- Low-fat Whole Grain Crackers
- Whole Grain Graham crackers
- Trail Mix (no nuts or candy pieces)
- Prepackaged *Natural* Applesauce
- Prepackaged Canned Fruit (juice pack)
- 100% Real Fruit Snacks – no sugar added
- ½ Whole Grain Bagel/Low-fat Cream Cheese
- Low Sugar Cereals (5 or < gms of sugar per 1 oz serving)
- Fresh Fruit: Apples, Oranges, Clementine, Grapes, Bananas



Hard-boiled – keep cold

