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