

Healthy Snacks

Our school enforces and follows the wellness policy of East Troy Community School District. Parents are asked to send healthy options for school parties and festivities where sugar is not listed as the first ingredient. To help make this task a little easier, below is a list of healthy snack options to give you some ideas of what to send in for these events.

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

- ❖ Apples (it can be helpful to use an apple corer)
- ❖ Apricots
- ❖ Bananas
- ❖ Blackberries
- ❖ Blueberries
- ❖ Cantaloupe
- ❖ Cherries
- ❖ Grapefruit
- ❖ Grapes (red, green, or purple)
- ❖ Honeydew Melon
- ❖ Kiwis (cut in half and give each child a spoon to eat it)
- ❖ Mandarin Oranges
- ❖ Mangoes
- ❖ Nectarines
- ❖ Oranges
- ❖ Peaches
- ❖ Pears
- ❖ Pineapple
- ❖ Plums
- ❖ Raspberries
- ❖ Strawberries
- ❖ Tangerines
- ❖ Watermelon

Other Fruit options:

- Applesauce
- Fruit cups
- Canned fruit
- Dried fruit
- Frozen Fruit
- Fruit salad
- Popsicles made with 100% fruit juice
- Smoothies

Low-Fat Dairy Foods

- ❖ Yogurt
- ❖ Low-Fat Cheese
- ❖ Low-Fat Pudding and
- ❖ Frozen Yogurt

Vegetables can be served raw with dip or salad dressing:

- ❖ Broccoli
- ❖ Carrot sticks or Baby Carrots
- ❖ Cauliflower
- ❖ Celery Sticks
- ❖ Cucumber
- ❖ Peppers (green, red, or yellow)
- ❖ Snap Peas
- ❖ Snow Peas
- ❖ String Beans
- ❖ Tomato slices or grape or cherry tomatoes
- ❖ Yellow Summer Squash slices
- ❖ Zucchini slices

Other Vegetable ideas:

- Dips
- Veggie pockets (whole wheat pitas with veggies & dip)
- Ants on a log (celery with peanut butter & raisins)

Other Snack Ideas

(Check for nut allergies in your child's class first)

- ❖ Nuts
- ❖ Trail Mix
- ❖ Luncheon Meat

Healthy Beverages

- ❖ Water
- ❖ Seltzer
- ❖ Low-Fat and Fat-Free Milk
- ❖ Soy and Rice Drinks
- ❖ Fruit Juice 100% juice

Healthy Grains

- ❖ **Whole Wheat English Muffins, Pita, or Tortillas** - Stuff them with veggies or dip them in hummus or bean dip.
- ❖ **Breakfast Cereal** - Either dry or with low-fat milk, *whole* grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks.
- ❖ **Crackers** - Whole-grain crackers can be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced-sodium luncheon meat.
- ❖ **Rice Cakes** - Look for rice cakes made from brown (whole grain) rice. They come in many flavors, and can be served with or without toppings.
- ❖ **Popcorn** - Look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, e.g., by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.
- ❖ **Baked Tortilla Chips** - Baked tortilla chips are usually low in fat, and taste great with salsa and/or bean dip.
- ❖ **Granola and Cereal Bars** - Look for whole grain granola bars that are low in fat and sugars.
- ❖ **Pretzels, Breadsticks, and Flatbreads**