

HRCS Healthy School Snacks

Almost a quarter of kids' daily calories may come from snacks. Children are still growing and need healthy snacks for increased energy and ability to focus during school. Students who are well nourished are better prepared to learn. Unhealthy/junk food undermines and causes quick crashes and overeating.

By implementing consistent nutrition standards throughout all corners of the school building, we believe this will enhance the learning environment and contribute to the overall health and well-being of our students.

In addition, consistently providing healthier foods and beverages outside of the cafeteria will build on the great strides being made in the cafeteria!

Compiled below is a guide to help you with packing healthy school snacks for/with your children. If you are providing snacks for more than your own child, for example, if you are providing donations to the classroom, they **must** follow the below guidelines.

Snack Categories:

Fruits: apple slices (with a little lemon to preserve color), grapes, pineapple chunks, strawberries, blueberries, sliced mango, pomegranate, cherries, melon, guava, papaya, tangerines, orange or grapefruit sections; or canned fruit packed in 100% juice or light syrup) and unsweetened applesauce. Dried fruit such as banana chips, raisins, mango, and papaya. All dried fruit should have no added sugars (except for tart cherries, cranberries, and blueberries). Or 100% fruit juice 8oz or less.

Veggies: carrots, cucumbers, cherry tomatoes, snap peas, red/yellow/green peppers, string beans, broccoli, cauliflower, celery, etc. or freeze-dried vegetables such as peas.

Grains: whole grain low sodium crackers such as Wheat Thins or Triscuits Hint of Salt, whole wheat bagel sections, whole wheat pita bread, whole grain granola bar such as Kashi or nature valley, lite popcorn, whole grain dry cereal such as Cheerios or shredded wheat biscuits, brown rice cakes. The whole grain should be the first ingredient unless the first ingredient is a fruit, vegetable, dairy or protein food. Or be a combination food that contains at least ¼ cup of fruit and/or vegetable (for example, ¼ cup of raisins with enriched pretzels).

Protein/fats: jerky, tuna fish, cheese, yogurt, hard-boiled egg, cream cheese, peanut butter or nuts (if no allergies), roasted chickpeas, olives.

Dressings/dips: hummus, bean dip, tzatziki, lite or fat free dressing.

Snack Standards: the food must meet the nutrient standards for calories, sodium, fats, and total sugars.

Calories \leq 200

Saturate Fat \leq 10% of total
calories

Total Sugar \leq 35% by weight or
less

Sodium \leq 200

Fat \leq 35% of total calories

Trans Fat 0g

If you are unsure if the snack qualifies, utilize this smart snack calculator to make sure that the snack follows the standards: <https://foodplanner.healthiergeneration.org/calculator/>

For additional Info/to see exemptions: <https://fns-prod.azureedge.us/sites/default/files/resource-files/smartsnacks.pdf>

See next page for school snack ideas and examples.

Snack Combinations Ideas:

A healthy balanced snack is one that provides from at least two food groups or categories

- Yogurt with granola
- Regular whole wheat bagel with cream cheese
- Whole wheat pita bread and hummus
- Whole grain low sodium crackers such as wheat thins or Triscuits hint of salt with sliced or cubed cheese and/or deli meat or tuna salad
- Whole grain zucchini bread & dried cranberries
- Brown rice cakes with cream cheese and blueberries
- Cheerios with fat free milk
- "Ants on a log" (celery w/peanut butter or cream cheese & raisins)
- Cucumbers and tzatziki sauce
- Carrots and lite or fat free ranch
- Bell peppers and cheese cubes
- Fresh broccoli and string cheese
- Snap peas and hummus
- Carrot salad and 4 oz 100% fruit juice
- Fresh grape tomatoes with string cheese
- Black bean and corn salad & whole grain pita
- Apples with peanut butter to dip
- Orange and hard-boiled egg
- Strawberries and low-fat yogurt
- Fresh mixed berries and plain low-fat milk
- Sliced peaches and low-fat cottage cheese
- Fresh cantaloupe or watermelon and low-fat milk
- Banana and string cheese
- Unsweetened applesauce & fat free choc. milk
- Trail mix
- SkinnyPop popcorn and Babybel cheese
- Air popped popcorn mixed with sunflower seeds or nuts
- Jerky and grapes

Sweets: Sweets/desserts are not necessary but if you are wanting to provide your child with a little something sweet along with a healthy balanced snack once in a while, try the following: A few Hershey's® Kisses, a couple of mini-sized pieces of chocolate, a box of raisins, or even some dates/figs.

Note: The American Academy of Pediatrics recommends that you do not serve the following foods to a child younger than 4 years of age:

- Hot dogs (even for children older than 4 years of age):
 - Slice hot dogs lengthwise and then cut into pieces
 - Cutting a hot dog up into coin-sized pieces is not enough to prevent choking
- Nuts and seeds (like peanuts)
- Chunks of meat or cheese
- Whole grapes
- Hard, gooey, or sticky candy
- Popcorn
- Chunks of peanut butter
- Raw vegetables
- Raisins
- Chewing gum

Provided by Flower Aston, Registered Dietitian @ Flower Aston Nutrition LLC and parent of Holy Rosary Students

Sources: USDA Food and Nutrition Service, RD411.com, The Center for Science in the Public Interest, and the American Academy of Pediatrics