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Better School Food Healthy Snack List

- ✓ **What's a snack, anyway?** Merriam-Webster says it's "food eaten between regular meals"; maybe they should add "when you're hungry." Sometimes we're actually thirsty, or bored, or in just in the habit of snacking. But for those times of day when you or your child really do need some additional sustenance, we've put together some ideas to help.
- ✓ **Fruits and vegetables are Mother Nature's perfect convenience food.** There are no artificial colors or flavorings, no added sugars, hydrogenated oils, MSG or artificial sweeteners. Only 11 % of kids eat the recommended 5 servings of fruits and veggies each day; these should be your first choice for snacks. Beyond fruits and vegetables, the whole grains, dried fruits and nuts on our list also provide good snack alternatives.
- ✓ **Most kids love to experiment in the kitchen, so whenever possible, let them help make the snack.** Skip the microwave popcorn and pop it yourself (in a pot with some grapeseed oil or air-popped). Mix your own trail mix with organic ingredients. We've offered several "power combos" on our list for you to make together.
- ✓ **Choosing food, not food products, should be your goal.** If you have to buy packaged snacks, select those products with the fewest number of ingredients, avoiding the above-mentioned additives. Avoid food products with High Fructose Corn Syrup or other unhealthy ingredients. (For a full list, visit BSF's website.) Keep in mind that ingredients change over time, so read labels. If you can, organic and less processed is best.
- ✓ **The best snacks satisfy hunger while helping to meet our daily dietary needs.** Choose snacks that pack a nutritional punch. Accompany them with lots of water and you'll see the kids through until the next meal!

For more information on ingredients, visit www.betterschoolfood.org. And now, the list:

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Fruits

apples - slices**
bananas
blueberries**
cantaloupe cubes
cherries**
clementines
grapes- quartered**
kiwis - sliced
orange wedges
pomegranate seeds
strawberries**
raspberries**
watermelon cubes

Vegetables

baby carrots
cucumber slices/sticks
grape tomatoes
bell peppers - sliced**
sugar snap peas
edamame
guacamole
hummus
baba ganoush
white bean dip
salsa

Grains

whole grain crackers
tortillas
corn chips
homemade popcorn
cereal bars
spelt pretzels
honey wheat pretzels
snap-pea crisps
fruit/nut mix bars
granola bars
rice cakes
crisp flat breads

Dried Fruits/Nuts

apples
apricots
raisins
mangos
almonds/ butter
cashews/butter
peanut butter
pecans
trail mix
sunflower seeds
walnuts

Beverages

water
sparkling water
milk antibiotic/hormone free
herbal ice teas
(add lemon or orange or mint)
100% fruit juice

Power Combos

yogurt with fruit
tortilla roll ups
(fill with either eggs/cheese/turkey)
banana with peanut butter
cucumber with almond butter
homemade smoothies
salsa & corn chips
carrots & hummus
peppers & white bean dip
baba ganoush & cucumber
sprouted grain bread with
sliced avocado

** If you can, we recommend buying these organic; for more information visit www.ewg.org



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