

Fun and Hearty Snacking

Serving healthy snacks to children provides the nutrients necessary for learning and to grow. Life-long healthy eating reduces a child's risk for obesity, diabetes, high blood pressure and heart disease.

Best Snacks

Fresh fruits and vegetables**

(Carrot, celery sticks and other cut up raw vegetables, apples, grapes, orange wedges, etc.)

Dips-low fat dressings, bean dips, hummus, guacamole, and salsa**

Nuts*-cashews, almonds, soy nuts and sunflower seeds

Fat free popcorn, whole grain-lower sugar cereals

Whole grain crackers, pitas, and tortillas

Low fat cheese, soy cheese

Low fat or fat free milk, rice milk and soymilk

Better Snacks

Snack pack fruit cups, yogurt, low fat pudding, gelatin

Pretzels, flatbreads, bread sticks

Dried fruit-raisins, peaches, etc.

Frozen yogurt or low fat ice cream cups or bars

Frozen 100% juice bars

Good Snacks

Animal crackers, rice cakes

Baked tortilla or baked potato chips

Low fat plantain or yucca chips

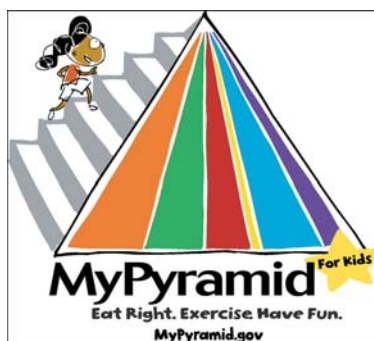
Graham crackers

100% fruit juice (4 oz. portions only)

Make snack time special by providing interesting and fun napkins, plates, cups and straws. Encourage children to try new foods.

*Please, no peanuts or foods with peanuts in the schools because of the high incidence of life threatening peanut allergies in some children.

** Food served in the classrooms must be obtained from approved sources, per Chapter 64E11 of the *Florida Administrative Code*.



Life-long healthy eating improves health.

Approved by the Nutrition Committee
Food and Nutrition Services, Broward County Public Schools, March 2009

