

## Healthy Snacks

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. 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
- Vegetable juice
- Low fat or fat free milk
- Low fat or fat free flavored milk
- Sport drinks such as Gatorade or Powerade

### Grab-and-go snacks

- Fresh fruit: Apples, Oranges, Clementines, Grapes, Bananas
- Raisins or dried fruit mix
- Fruit snacks made with fruit
- Prepackaged natural applesauce
- Individual canned fruit (light syrup)



- Trail mix (no nuts)
- Pretzels or Soft Pretzels
- Mini bagels/lowfat cream cheese
- Low fat crackers
- Low fat popcorn
- Graham crackers
- Low sugar cereals
- Cheese sticks
- Low fat cheese
- Yogurt or Pudding
- Frozen juice bars
- Hard boiled eggs
- Veggies and low fat dip