Snack Check! Healthy Snacks Your Child Can Bring to School!

Fruits & Vegetables
- Any whole fruit
  - Try: Apple, orange, pear, banana
- Canned fruit, in its own juice (1/2 cup)
  - Try brands like Dole, Del Monte, Motts
- Dried fruit 1/4 cup
  - Try: raisins, apricots, mango, papaya
- Chopped vegetables (at least 1/2 cup)
  - Try: Peppers, carrots, cherry tomatoes, cucumber rounds
- Salsa (1/2 cup)
- Guacamole (2 Tbsp)

Dairy Products
- Low fat (or part-skim) sliced, cubed, or string cheese
  - (1 oz = 1 slice, 1 string tube)
  - Try brands like: Laughing Cow, Alpine Lace, and Cabot's
- Low fat yogurt (1 cup or tube)
- Low fat cottage cheese (1/2 cup)

Whole Grains
- Whole grain crackers
  - Try brands like: Kashi TLC (16 crackers), Triscuits & Woven Wheats (store brand) (6 crackers)
- Rice cakes (1-2)
- Light Popcorn (2-3 cups)
  - Try brands like: Jolly Time Low fat or Boston Light popcorn

Protein Foods
- Hummus & other bean spreads (2 Tbsp)
  - Can be found in refrigerated case near deli
- Low salt nuts & seeds (1/4 cup)
- Trail mix- Add nuts, seeds, dried fruit together (1/3 cup)
- Nut butters, peanut, almond, soy (2 Tbsp)
  - Try brands like: Teddy or Trader Joe's natural peanut butter
- Hard boiled egg (1 each)

Look for Whole Grain products with at least 2 grams of fiber per serving

Note: Make portion sizes smaller To fit your younger child’s needs!

Remember food safety! Add a small frozen gel pack or frozen drink to keep snacks from spoiling.

If your child has food allergies please talk to your doctor about snack choices

Check with your child’s teacher to see if any children have food allergies prior to bringing in any snack.
Check Out These Tips to Maximize Your Child’s Health

√ 5-2-1 (5 servings of fruits and vegetables per day. 2 hours or less of screen time per day. 1 hour of physical activity per day.

√ A healthy diet is made up of low fat and no trans-fats, whole grains, low-fat dairy products, and lean (chicken, fish, turkey, lentils, kidney beans, chick peas) proteins.

√ Trans-fat is not good for our heart and is not part of a healthy diet. Check trans-fat on the food label, it should be 0 grams per serving.

If a food item is whole grain, the first ingredient on the food label should read whole grain or whole wheat flour! (Not enriched wheat flour) Look for these stamps on food packages to help you check for a true whole grain item!

√ A healthy diet is made up of low fat and no trans-fats, whole grains, low-fat dairy products, and lean (chicken, fish, turkey, lentils, kidney beans, chick peas) proteins.

Trans-fat is not good for our heart and is not part of a healthy diet. Check trans-fat on the food label, it should be 0 grams per serving.

Send 2 Food Groups Together & Make a Healthier Snack

√ Combine fruit with peanut butter, cottage cheese, cheese, & crackers
√ Dip vegetables in hummus, salsa, guacamole, & peanut butter
√ Combine cheese with whole grain crackers/breads.
√ Combine dried fruit with whole grain cereal
√ Combine nuts/seeds with chopped vegetables
√ Combine trail mix with a piece of fruit

Promote excellent learning in the classroom!
Please do NOT send UNHEALTHY snacks like soda, candy, chips, Cheese Doodles, buttered popcorn, Ritz crackers, pre-packaged peanut butter crackers, donuts, cakes, & cookies.

Cambridge Public Health Department
School Health Program
January 2008