

Consider the following suggestions for healthy eating at home and when sending food to school:

- Look for foods that have less sugar, moderate fat, and fiber.
- Avoid trans fats; hydrogenated or partially hydrogenated oil.

Please make sure that anything brought into school to share with others is prepackaged.

## HEALTHY SNACK OPTIONS

Baked chips and salsa

Baked tortillas and bean dip

Dried fruit mix

Fruit bars

Fruit-fresh wedges: cantaloupe, honey dew, watermelon, pineapple, oranges

Fruit kabobs:

\*pineapple, strawberries, mozzarella

\*grapes, cheddar, apples

Low-fat granola bars

Nuts: peanuts, sunflower seeds, cashews

Trail mix (dried fruits and nuts)

Low-fat Popcorn

Soy nuts with raisins, dates, dried fruit

Vegetables: carrots, celery, sugar snap peas

Raw vegetable sticks with low-fat dressing or yogurt dip

Pretzels

Cheez-its

Toasted crackers with peanut butter

Goldfish

Rice cakes

Animal crackers

Graham crackers

Healthy breakfast bars

Saltine crackers with cheese

Low-fat cottage cheese

Low-fat yogurt

Whole wheat crackers

Party Mix (variety of cereals, nuts, pretzels, etc.)

Pasta salad

Single serve apple sauce

100% fruit or vegetable juice

