

Guide to HEALTHY Snacks at School

Parents can support lifelong healthy eating habits by ensuring that healthy snacks are available for growing children during regular snack times.



Kids want foods that taste good. Schools and after school programs want foods that are safe and easy to serve. We all want our kids to be well nourished, well behaved and ready to learn. The list below provides some suggested snacks that meet the Minnesota Action For Healthy Kids Food Guidelines. Check with your classroom teacher to determine if any of these foods need to be avoided due to allergies in the classroom.

Healthier snack ideas

- Fresh fruits or vegetables
- Dried fruits, such as raisins and canned fruit
- Low-fat yogurt and yogurt in tubes
- Low-fat pudding cups
- Low-fat cheese (7 grams of fat or less per ounce)
 - String cheese
 - Cheese sticks
 - Cheese shapes
- Whole-grain crackers (6 grams of fat or less)*
 - Multi-grain Wheat Thins*
 - Triscuits*
 - Whole grain Goldfish crackers*
- Baked corn tortilla chips*
- Low-fat popcorn (6 grams of fat or less) *
- Trail mix or cereal mixes
- Dry cereal (individual servings)
- Quaker Chewy Granola Bars*
- General Mills Honey Nut Cheerios Milk 'n Cereal Bars*
- Nature Valley Chewy Trail Mix Bars*
- Fruit bars
- Natural Ovens Oatmeal Raisin Cookies*
- Teddy Grahams, graham crackers and graham cracker sticks
- Vanilla wafers or animal crackers
- Whole grain Fig Newtons
- 100% fruit juices
- Bottled Water
- Low-fat white or flavored milk

** Provides the added benefit of whole grains*

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Additional snack ideas

- Ants on a log (celery, peanut butter or cream cheese and raisins)
- Fruit and cheese kabobs
- Pizza on whole grain crust with low-fat toppings (veggies, pineapple, lean ham)
- Fruit smoothies
- Low-fat yogurt smoothies
- Angel food cake with strawberry topping
- Fresh fruit with yogurt dipping sauce
- Crunchy veggies with low-fat dip
- Whole grain quesadillas with salsa
- Whole grain muffins
- Whole grain bagels with cream cheese



Kids' ten favorite fruits

1. Bananas
2. Grapes
3. Apples
4. Strawberries
5. watermelon
6. Oranges
7. Applesauce
8. Pears
9. Peaches
10. Pineapple

Favorite veggies for dipping

- Baby carrots
- Broccoli
- Celery
- Cucumbers
- Fresh green beans

This article was written by HEALTHY–Healthy Eating, Active Lifestyles: Together Helping Youth. HEALTHY is a collaborative working to improve the well being of our children by promoting healthy food choices and regular physical activity. The collaborative includes individuals from the Dakota and Scott County Public Health Department, HealthPartners, Fairview, Park Nicollet Health Services, the YMCA and School Districts 191, 196, and 719