



HEALTHY SCHOOL SNACKS & CELEBRATIONS



Schools have an extraordinary influence on the development of lifelong eating habits and other healthy lifestyle patterns. The occasions when students can practice making healthy food choices at school serve as opportunities to reinforce the nutrition knowledge learned in the classroom.

School snacks and parties should not include cupcakes, ice cream, potato chips and soda pop.

School parties are an opportunity to put food in its proper place as a complement to the fun and not as the main event.

IDEAS FOR HEALTHIER CLASSROOM SNACKS/CELEBRATIONS

- Low-fat milk (plain or flavored) - plain, chocolate, strawberry, vanilla
- 100% juice - orange, apple, grape, cranberry
- Water (flavored)
- Fresh fruit with yogurt dipping sauce
- Apples with caramel dip
- Fruit and cheese kabobs
- Fruit with whipped topping - strawberries with whip cream
- 100% fruit snacks
- Fruit crisps or bakes-
(made with little added sugar and whole grain toppings)
- Vegetable tray with low-fat dip
- String cheese
- Low-fat pretzels or popcorn
- Graham or animal crackers
- Pizza with low-fat toppings - veggies, lean ham
- Sandwiches - ham, turkey, cheese (low fat condiments)
- Low-fat pudding cups
- Low-fat yogurt - Dannon Light 'n Fit, Trix, Yoplait Yumsters
- Yogurt smoothies - low-fat
- Yogurt parfaits - layered fruit, yogurt and granola
- Quesadillas with salsa
- Granola bars or breakfast bars
- Angel food cake with fruit toppings



SCHOOL WELLNESS POLICIES

Federal law requires every school district to have a local wellness policy. These policies must address nutrition education, physical activity, school meals, and all other foods and beverages available at school.

Find more information about the Anchorage School District policy at

www.asdk12.org/wellness

Note - Three times each school year, classrooms may have celebrations where other types of treats/snacks can be shared. Check with your child's teacher for details.