

Healthy Ideas for Classroom Snacks and Parties

Snacks are important for providing children with nutrients to support growth and learning. With a little imagination, snacks and parties can be fun and still provide healthy, nutrient-rich foods.

***“If it came from a plant, eat it,
If it was made in a plant, don’t”***
~ Michael Pollan

Here are some ideas:

- ☺ Fresh fruit
- ☺ Carrot sticks, hummus and pita chips
- ☺ Strawberries and mini brown rice cakes
- ☺ Fruit and cheese kabobs
- ☺ Celery sticks with peanut butter and raisins
- ☺ Celery sticks with cream cheese
- ☺ Vegetable tray
- ☺ Raisins and cheese sticks
- ☺ Unsweetened applesauce cups
- ☺ Nut free trail mix – whole wheat crackers, pretzels, raisins/craisins, pumpkin seeds
- ☺ Trail mix
- ☺ Watermelon slices and mini gouda wheels
- ☺ Turkey or ham and cheese pinwheels
- ☺ Popcorn (unbuttered)
- ☺ Apple and almond butter or seed butter
- ☺ Quesadillas with salsa
- ☺ Nuts, seeds
- ☺ Nut free, if necessary, granola bars
- ☺ Cottage cheese and apple crisps
- ☺ Seaweed
- ☺ Devilled eggs
- ☺ Guacamole and tortilla chips
- ☺ Cubed chicken and cheese

**** some classrooms are nut free, please check with your classroom teacher ****

Nutritious Snacks from A to Z

- A – apples, apricots
- B – bananas, bean dip, blueberry bagels
- C – cantaloupe, carrots, celery, cheese,
- D – dried fruit chips
- E – eggs
- F – fig bars, fruit kabobs
- G – grapes, grapefruit
- H – honeydew melon
- I – iceberg lettuce wraps
- J – jerusalem artichokes
- K – kiwi fruit, kidney beans
- L – limes, lychees
- M – mangoes, melon
- N – nectarines, nuts **
- O – orange wedges
- P – peaches, pita bread, pretzels
- Q – quesadillas with salsa
- R – raisins, rice cakes
- S – strawberries, salsa
- T – tortillas with filling, trail mix
- U – unbuttered popcorn
- V – vegetables
- W – watermelon
- X – exciting fruits and vegetables
- Y – yellow apples
- Z – zucchini slices