

Snacks for Happy, Healthy Kids!

...great for classroom parties, too!



Listen!

Comments about healthy snacks:

“I think the key is early exposure to a wide variety of foods. Even if it is a food the parent doesn’t like, have the child try it. That’s worked for me ... (I know of) a little boy who wanted to take turnips for his baseball team snack.”

*Angela Hemwall
Parent, Ridgeway Elementary
Columbia Public Schools*

“I like to hand out fruit slices, cheese, whole grain crackers, (100%) juice boxes, and ... homemade cookies are also favorites.”

*Heidi Whitehill
Parent, Notre Dame de Sion School
Kansas City, Mo.*



Recipes

(serve 32 students)

Mini Banana Splits

Ingredients:

16 small bananas, peeled
16 cups lowfat vanilla yogurt
8 cups fresh berries
2 cups lowfat granola

Preparation (20 minutes):

1. Cut banana in half, share between two students.
2. Scoop a ½ cup of yogurt onto banana.
3. Top with berries and granola.

Fabulous Punch

Ingredients:

1 gallon cranberry juice
1 gallon apple cider
12 oz. frozen orange juice, defrosted and undiluted

Preparation: (5 minutes):

Mix and stir all ingredients together in large pitcher and serve over ice.

Adapted with permission from California Cooperative Extension.



- Beverages
 - 100% juice
 - Fruit spritzers (juice and Seltzer water)
 - Water
- Smoothies (frozen fruit, 2% milk and banana)
- Cheese/fruit/sandwich (cookie cutter shapes)
- Ham, cheese or turkey sub sandwiches (with low-fat condiments)
- Cheese cubes/sticks
- Vegetable trays
- Vegetable dip (cottage cheese or plain yogurt and choice of onion/garlic/parmesan seasoning)
- Pretzels
- Low-fat popcorn
- Fresh fruit
- Fruit and cheese kabobs
- Fruit with whipped topping or peanut butter dip
- Fruit dip (vanilla yogurt, honey, cinnamon and nutmeg)
- 100% fruit snacks
- Dried fruits
- Graham crackers
- Vanilla wafers
- Fig Newtons

- Animal crackers
- Angel food cake, plain or topped with fruit
- Cupcakes made with fruit or nuts
- English muffin pizza topped with tomato sauce and any combination of vegetables, pineapple, lean ham and Canadian bacon
- Pizza dippers (pizza toppings and bread on a skewer with marinara dip)
- Salsa with baked tortilla chips
- Pudding
- Jello-O
- Yogurt
- Quesadillas with salsa
- Chicken, beef or vegetable fajitas
- Low-fat breakfast or granola bars
- Trail/cereal mixes
- Nuts
- Whole wheat crackers
- Low-fat ice creams, frozen yogurts or sherbets
- Fruit pies made with a graham cracker crust, low-fat cream cheese (1/4 inch layer or less) and sliced fresh or canned fruit arranged on top



Missouri
Action for Healthy Kids®

**Healthy eating
and activity can improve**

- attendance
- energy levels
- participation
- school behavior
- test scores
- academic success

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