

HEALTHY CLASSROOM SNACK LIST

WELLNESS POLICY GUIDELINES TO HEALTHY CLASSROOM SNACKS

SCHOOL DISTRICT OF JEFFERSON GUIDELINES FOR IMPLEMENTATION

The School District of Jefferson Snack List was developed to provide guidance to parents in selecting healthy and nut-free snacks for sharing in the classroom.

- Snacks should not be too messy for teachers to serve in the classroom.
- Snacks should be appealing and taste good to kids.
- Please bring napkins, cups and other serving items as needed. Teachers do not have these supplies in their classroom.
- Fruits, vegetables, and healthy dips, yogurt, cheese, whole grain foods, and other healthy choices like dried fruit are preferred snack choices.
- According to new USDA guidelines, less than 35 percent of total calories should come from fat, and less than 10 percent from saturated fat.

These items are NOT acceptable classroom snacks:

- Peanut, almond, cashew, and other nut butters
- Home-baked goods and pastries
- Candy



Snacks containing peanuts or nuts are not allowed. This includes snacks containing almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnuts, and/or sesame seeds or foods made in a facility that processes nuts.

Items on the Healthy Classroom Snack List (reverse side) have been selected because, at this time, they do not contain peanut or nut products. These items **HAVE NOT** been reviewed for other major allergens. Parents (and teachers) of food allergic children are encouraged to check product labels every time to be sure that the products are free of their child's offending allergens, free from cross-contamination, and safe for their child to eat. Checking manufacturer websites may also provide helpful information.

HEALTHY CLASSROOM SNACK LIST

Fruits/Vegetables		Healthy Grains/ Munchies	Beverages
Fruit can be served whole, sliced, cut in half, cubed, or in wedges.		Serve mostly whole grains which provide more fiber, vitamins, and minerals than refined grains.	Choose only 100% fruit juice, but limit juice to no more than 6 ounces for 1- to 6-year olds and no more than 12 ounces for 7- to 18-year olds.
<p>Fresh Fruits: Strawberries Raspberries Blueberries Oranges Apples Grapes Melons Peaches Pears Pineapple Banana</p> <p>Fresh Vegetables: Cucumbers Broccoli Green Beans Peppers Sugar Snap Peas Carrots Celery Veggie "Matchsticks"</p> <p>Frozen Fruit: Blueberries Strawberries Mangoes Melon Ball</p> <p>Vegetables & Dips: Hummus Bean Dip Salad Dressing Salsa</p>	<p>Other Ideas: Smoothies Applesauce Fruit Cups/Kabobs Canned Fruit Dried Fruit Raisins/Cranberries All Natural Fruit Rollups Fruit Salad Fruit Sorbet Fruit Juice Popsicles Veggie Pockets Fruit Leathers Soy (Edamame) Salad in a Bag Fruit Snacks Veggie Burger Fruit Platter with Low-Fat Yogurt Dip</p> <p>Low-Fat Dairy To protect children's bones and hearts, make sure all dairy foods are low-fat or fat-free, such as yogurt and low-fat pudding.</p> <p>Low-Fat Cheese String Cheese Low-Fat Yogurt Frozen Yogurt Low-Fat Ice Cream Low-Fat Cream Low-Fat Pudding Low-Fat Cottage Cheese Yogurt Beverages Yogurt Popsicles Reduced-Fat Milk</p>	English Muffins Bagels Pita Bread Sticks Rice Cakes Flat Bread Trail Mix—No Nuts Tortillas Breakfast Cereals-Low Sugar: Chex Cinnamon Oats Bites Crispix Crispy Rice Frosted Mini Spooners Frosted Mini Wheats Frosted Shredded Wheat Life (Original/Cinnamon) Shredded Wheat Toasted Cinnamon Squares Toasted Corn or Wheat Toasted Oats Cereal Bars Nutri-Grain Bars Low-Fat Muffins Fig Newton's Gingersnaps Popcorn Baked Tortilla Chips Baked Lays, Bugles, Doritos Reduced-Fat Pringles Pretzels—Not Snyder Chex Mix Gardetto's Reduced-Fat Crackers: Goldfish Crackers Animal Crackers Graham Crackers Saltine Crackers Wheat Thins Triscuits	Water Seltzer/Sparkling Water Low-Fat/Fat-Free Milk 100% Fruit Juice Vegetable Juice Yogurt Drinks Soy Drinks Rice Drinks Crystal Light Tea Without Sugar Added Fruit Flavored Water Without Sugar