

# 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><b>Fresh Fruits:</b>            Strawberries            Raspberries            Blueberries            Oranges            Apples            Grapes            Melons            Peaches            Pears            Pineapple            Banana</p> <p><b>Fresh Vegetables:</b>            Cucumbers            Broccoli            Green Beans            Peppers            Sugar Snap Peas            Carrots            Celery            Veggie "Matchsticks"</p> <p><b>Frozen Fruit:</b>            Blueberries            Strawberries            Mangoes            Melon Ball</p> <p><b>Vegetables &amp; Dips:</b>            Hummus            Bean Dip            Salad Dressing            Salsa</p>	<p><b>Other Ideas:</b>            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><b>Low-Fat Dairy</b>            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