

SNACK TIME TIPS

Healthier Classrooms for Healthier Kids



DID YOU KNOW...

- ◇ Many students consume more than half their daily calories at school
- ◇ Studies have linked childhood obesity and learning and behavior problems to junk food
- ◇ ONE in THREE children are overweight or obese
- ◇ Healthy snacks are not necessarily more expensive or more time consuming to make

Sweet Treats?

Sure, but only 1 per week please!

Mini muffins

Frozen yogurt

100% fruit juice bars

100% juice jello cubes

Kettle corn

Banana, zucchini or pumpkin bread slices

Yogurt “sundaes” with fruit and other toppings

Trail mix of coconut, chocolate chips, pretzels, dried fruit & sesame sticks



HEALTHY and FAST!

Apple slices, strawberries, grapes, melon chunks, pineapple chunks, watermelon wedges

Fruit salad or fruit kabobs

Baby carrots, cucumber wheels & celery with dip or cream cheese

Popcorn

Whole grain pretzels or chips

Baked tortilla chips with dips (hummus, salsa, etc.)

Granola bars

Cheese sticks

NOT AS HEALTHY as you think!

Welch's Fruit Snacks

Fruit by the Foot

Goldfish

Animal Crackers

Juice

Remember to always read labels - the fewer ingredients the better!

For more information visit:

www.realfoodforkidsmontgomery.org