

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!

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- 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
- Pumpkin or sunflower seeds
- Popcorn/popcorn chips
- 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