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

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