



Give Them More  
of the  
Good Stuff!

# School Snacks

Kid-friendly, Healthy, Quick and Easy Snack Ideas

## Healthy Choices

- ☀ Choose vegetables and fruit often.
- ☀ If possible, include more than one food group.
- ☀ Serve fruit ready-to-eat.
- ☀ Let kids decide when they are full.
- ☀ Read food labels! For example, look for fat-free and low-fat dairy, whole grains, and snacks with no sugar added.

## Safety Tips

- ☀ Wash hands before handling and eating snacks.
- ☀ Rinse all fresh fruits and vegetables before eating.
- ☀ Cold items should not sit at room temperature for more than 2 hours.
- ☀ When sharing snacks with others, check for any allergies.
- ☀ Children can choke on snack foods. Cut foods into small, easily chewed pieces and spread nut and seed butters thinly. Watch children of all ages closely whenever they are eating.



Crackers



Salsa



Bell Peppers



Oranges



Fruit Cups



Applesauce



Carrots



Pears



Bananas



Cereal Bars



Tomatoes



Trail Mix



Yogurt



Cheese



Apples



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# Healthy Snacks for Groups

## Cowboy Salad

### Ingredients:

- 2 cans (15 ounces each) **beans**, drained and rinsed (try black, pinto, red, garbanzo, black-eyed peas, or a mixture)
- 1¾ cups **corn** (fresh/cooked, frozen/thawed, or canned/drained)
- 1 cup **cilantro** or **parsley**, finely chopped
- 5 **green onions**, sliced or ½ cup **onion**, finely chopped
- 3 medium **tomatoes**, diced
- 1 **avocado**, diced (optional)
- 1 Tablespoon **canola** or **vegetable oil**
- 2 Tablespoons **vinegar** or **lime juice**
- ½ teaspoon each **salt** and **pepper**

### Directions:

1. Combine all vegetables in a large bowl.
2. Mix oil, vinegar or lime juice, salt and pepper together in a small bowl.
3. Pour oil mixture over salad ingredients and toss lightly.
4. Serve as a salad, a lettuce wrap or a dip with toasted pita bread or baked tortilla chips.
5. Refrigerate leftovers within 2 hours.

**Makes** 8 cups (32 ¼-cup servings)

**Prep time:** 20 minutes

Visit [FoodHero.org](http://FoodHero.org) for more healthy, tasty snack recipes.

## Popeye Power Smoothie

Amounts for a 7-cup blender:

### Ingredients:

- 1 cup **orange juice**
- ½ cup **pineapple juice**
- ½ cup low-fat **plain** or **vanilla yogurt**
- 1 **banana**, peeled
- 2 cups (weighs about 2 ounces) fresh **spinach leaves**
- 1 cup **crushed ice**

### Directions:

1. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2 hours.

**Makes** 4 cups. Repeat as needed to serve larger groups.

**Prep time:** 10 minutes per batch

## The Parent-Teacher Connection

Every bite counts! Help kids eat more fruits and vegetables by bringing them into the classroom as a snack. Here's how:

- ✿ Check to see if your school has any rules for bringing in food. Does anyone in the class have a food allergy or follow a special diet? Offer to provide a list of the ingredients in your snack.
- ✿ Keep it cool. Is a refrigerator available to store perishable snack ingredients?
- ✿ Make it easy and low cost. For example, giving each child a few slices of green and red apples might require only 4 to 6 apples.
- ✿ Team up with other parents to bring the ingredients needed for a recipe or snack. Try vegetables with ranch dip or trail mix with different kinds of dried fruit or cereals.



**Kids Can!**

When kids help prepare snacks, they are more likely to try them. Show kids how to:

- ✿ wash fruits or vegetables.
- ✿ prepare snack bags/cups.
- ✿ measure and mix ingredients.
- ✿ pour water to serve with the snacks.