

# HEALTHY SNACK LIST

- Whole Grain Breakfast Cereal
- Cereal Mix (made w/whole grain cereals, raisins, etc)
- Cereal Bars, Multigrain
- Cheese (string, cubes, slices, cottage, cream)
- Crackers
  - Whole grain, baked, Graham Crackers (with peanut butter, cheese, or cream cheese)
- Fruit
  - Fresh, Canned (in juice or water) or Dried
  - Apples, Bananas, Grapes, Kiwi, Oranges, Plums, Strawberries, Cantaloupe, Melon, Berries
  - Applesauce
  - Raisins, Dried Fruit
  - All-Fruit Fruit Leathers
- Fruit/Vegetable Breads and Muffins
  - Banana, Apple, Zucchini, Pumpkin, Squash
- Whole Grain Granola and Granola Bars (plain, low added sugars)
- Nuts and Seeds
  - Almonds, Corn Nuts, Peanuts, Mixed Nuts, Pumpkin Seeds, Soy Nuts, Sunflower Seeds
- Popcorn
- Pretzels
- Rice Cakes
- Sandwich or wrap, half
- Soy Crisps
- Trail Mix (dried fruit, nuts, cereal)
- Vegetables
  - Cut-up carrots, celery, cucumbers, broccoli, green beans, pea pods, peppers, tomatoes (maybe with low fat dressing or hummus)
  - Ants on a Log (Peanut Butter or cream cheese Celery w/raisins)
  - Edamame
- Yogurt
- Beverages: skim milk, water, or 100% juice (fruit or vegetable)

## SAMPLE SNACK MENU

- Apple slices w/peanut butter & milk
- Yogurt, plum & milk
- Whole grain cereal, banana & milk
- Whole grain crackers w/cheese, applesauce, & milk
- Whole grain granola bar, grapes, & milk

Try to balance items with protein (dairy products, nuts, soy) with items to give them energy (fruits, veggies, other carbohydrates).

## SCHOOL PARTY IDEAS

- Send a poster board or autograph book on which classmates can sign their names and write greetings to be taken home.
- Write a letter for the teacher to read with a funny story, personal recollections about the child
- Send in a newborn photo of the child
- Provide non-edible trinkets such as erasers, pencils, stickers that aren't too expensive
- Donate a book, game, or supplies for the classroom or donate towards equipment for the playground
- Donate a piece of PE equipment or activity equipment (balls, jump ropes, etc) for PE class or recess
- Send in a short recap of what happened in history on the day the child was born (find fun, historical facts at [www.historychannel.com](http://www.historychannel.com))