

HEALTHY TREATS

SPREADING AWARENESS, ONE STEP AT A TIME

BE SMART, EAT SMART

Snacks can be very beneficial to children when they are designed to provide what they need for proper growth. Healthy snacks promote good nutrition, encourage lifelong healthful habits and promote good health. Healthful snacking at school can lead to better nutrition during foundational years and increased energy and ability to focus in the classroom.

When children learn to make healthy snack choices, it helps build a foundation for a lifetime of healthy eating. Fruits, veggies, whole grains and low-fat dairy products make good snacks. Healthy beverage choices include water, low-fat milk, soy drinks and 100 percent fruit juices in child size portions.



Source: Nick Ryan, Olmsted County Public Health

HEALTHY SNACKING STARTS HERE

FRUITS & VEGETABLES

- Green Giant Snack Pack of Carrots
- Motts Unsweetened Applesauce
- Sun-Maid Raisins 100 Calorie Packs
- Dole Fruit Bowls in 100% Juice
- Del Monte 100 Calorie Fruit Cans
- Dole Fruit Squish'ems
- Welch's Fruit Snacks
- Del Monte Fruit Naturals
- Polar Blast Fruit Punch Bar
- Any easy-to-peel fresh fruit (Bananas, Oranges, Clementines)

DAIRY

- Dannon Light & Fit Non-Fat Yogurts
- Yoplait ParfaitPro Low-Fat Yogurt
- Yoplait Go-Gurt
- Activia Regular Yogurt
- Low Fat Frozen Yogurt
- Hershey's Sherbet Cup (Lemon and Raspberry)
- Snack Pack Pudding Fat-Free Vanilla or Chocolate
- Sargento Low Fat String Cheese
- Laughing Cows Light Original Mini Babybel Cheese

TIPS FOR PARENTS

Kids are more likely to eat foods they select, so let them help choose or make the snack. If snack time is unsupervised, do the more difficult cooking and cutting yourself ahead of time, and leave the easier tasks for them. Educate your child about healthy snacking while cooking

or shopping with them. Try to avoid snacks two hours before bedtime; eating late can cause sleep disturbances. The most important lesson? Children learn by example. If your child sees you eating unhealthy snacks and treats, then the child will normally eat those same snacks

and treats too. Helping your child live a healthier life starts with you today!

Source: National Heart, Lung and Blood Institute

FOOD SAFETY IN THE CLASSROOM

- Foods must be store bought, not homemade. Cut fruit or vegetable trays must be purchased from a grocery store, not prepared at home.

- Allergies such as peanut, dairy or wheat should be considered when bringing food to the school.

- Check with your school nutrition director to see if healthy catering services are available for classroom parties.

For a more complete list of healthy snacks, please visit www.healthiergeneration.org for their smart snack recommendations and calculator. Smart Snacks Product Calculator [here](#). Use the Calculator to determine if your snacks fit the guidelines.



Photo: Nick Ryan, Olmsted County Public Health

GRAINS

- Chewy 90 Calorie Granola Bar
- Kellogg's Cocoa Krispies Chocolate Granola Bar
- Kellogg's Rice Krispies Treats Granola
- Kashi Chewy Granola Bar (Cherry Dark Chocolate, Honey Almond Flax, Trail Mix, Honey Toasted 7 Grain, Pumpkin Pecan)
- Nature Valley Crunch Granola Bar
- General Mills Cereal On-the-Go Bar
- Kashi Soft Baked Bars (Cherry Vanilla, Blackberry Graham, Ripe Strawberry)
- Oatmeal to Go - Oatmeal Raisin Bar
- Enjoy Life Soft Baked Bars (Chocolate Sun Butter, Caramel Apple, Sun Butter Crunch, Very Berry)
- Bakecrafters Mini Bagels
- Salveo Original Sea Salt Tater Pop
- Popcorn Indiana Original Kettle Corn
- Fit Real Butter Popcorn
- Honey Maid Graham Crackers
- Bakecrafters Animal Crackers
- Honey Maid Teddy Grahams (Honey, Chocolate, Cinnamon)
- Baked Lays Chips (Original, BBQ, Sour Cream and Onion, Tostitos)
- Popchips (Sour Cream and Onion, Barbecue, Sea Salt and Vinegar)
- Home Free Mini Crunch Vanilla Cookies

NUTS & SEEDS

- Hy-Vee Deluxe Lightly Salted Mixed Nuts, Cashew & Almond Mix, Dark Chocolate Cranberry Trail Mix, Raisin & Nut
- Blue Diamond Roasted Almonds in Sea Salt 100 Calorie Pack
- Emerald 100 Calorie Pack Natural Walnuts and Almonds
- Enjoy Life Seed & Fruit Mix Mountain Mambo
- Azar Power Snack Peanuts Oil Roasted Salted

FOOD ALLERGIES

About two million schoolchildren have food allergies. The most common are peanuts, tree nuts, milk, eggs, soy, and wheat. With a food allergy, the body reacts as though a particular food product is harmful, which can result in varied responses such as a simple rash to a life threatening reaction. If allergies are an issue in your child's classroom, it is recommended that inclusive treats or non-food items are offered for celebrations, if you choose to bring them. Providing classroom birthday treats is always optional, not required.

Some examples of allergy specific safe foods are:

- Yoplait Go-Gurt Strawberry: Gluten Free
- Kellogg's Rice Krispies Treats: Gluten Free
- Nadja's Chocolate Chip Brownies: Peanut Free
- Crunch, Very Berry): Nut, Gluten, Dairy Free

