

Saint Agnes Catholic School

Classroom Snack List Suggestions

This snack list was developed to provide guidance to parents in selecting healthy snacks for the classroom as part of The Wellness Policy at Saint Agnes Catholic School.

These suggestions for healthy snacks are in place:

- to promote healthy foods in the classroom
- to identify foods that can be nut allergens if there is a child with a nut allergy
- assist parents in making choices for healthy, reasonably priced snacks
- encourage parents to serve snacks at school activities that make a positive contribution to children's diets and health, with an emphasis on serving fruits, vegetables, low-fat milk, whole grains and water.

Snack Selection Suggestions:

- Snacks should not be too messy for eating in the classroom.
- Please wash all fruits and vegetables.
- Please cut up fresh fruits and vegetables for easy servings.
- Use snack baggies for easy handling.

Ideas for Non-Food Celebrations & Rewards:

We know that celebrations are important to every child and that kids like to celebrate with their classmates. Below are some suggestions for non-food celebrations and rewards.

- The St. Agnes Wellness Committee encourages that classroom celebrations include a variety of healthy foods and limit the amount of sugary, high fat snacks/treats.
- Bring party favors in for each classmate (bouncy balls, erasers, stickers, decorative pencils, bracelets, notepads, whistles, bubbles, washable tattoos, chalk, etc.).
- Buy something for the classroom (books, board games, music, art supplies, playground equipment, plants or flowers, etc.).
- Connect with your child's teacher to learn about other non-food celebrations or rewards that promote wellness. Some ideas might include extra physical activity time and free choice time.

NOTE: If there is a child in the classroom with a nut allergy:

- All nuts are NOT permitted (i.e., peanuts, cashews, almonds, walnuts, pecans etc...)
- Peanut Butter or Nut Butters are NOT permitted
- Sesame Seeds are NOT permitted
- Homemade Snacks or Baked Goods are NOT permitted
- Granola or Granola Bars are NOT permitted
- Trail Mix or other snack mixes are NOT permitted
- Snacks that contain statement such as "may contain traces of..." Or, "Made on equipment that manufactures or processes..." or, "Made in a facility that manufactures..." are NOT considered to be safe due to cross contamination of the allergen.
- Snacks containing peanuts or other nuts are NOT allowed for classroom snacks. This includes snacks containing any type of nut (i.e., peanuts, cashews, almonds, walnuts, pecans, brazil nuts, hazelnuts,

macadamias, pine nuts, pistachios and sesame seeds). These items have NOT been reviewed for the other major allergens.

- Parents (and teachers) are encouraged to check labels on food labels to be sure that the products do not contain offending allergens and safe for the child to eat.
- Food items stored in bins or storage containers in the home may be contaminated by residue from a food containing peanut or a nut product.
- Upon foods being brought into the classroom, please store in a secure location, avoiding cross contamination from foods potential to cause allergic reactions.

Here are suggested ideas for serving healthy snacks and beverages to children in the classroom:

Fruits:

Most children do not eat the recommended number of servings fruits and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber.

Apples	Apricots	Bananas
Blackberries	Blueberries	Cantaloupe
Cherries	Clementines	Grapefruit
Grapes	Honeydew Melon	Kiwi
Mangoes	Nectarines	Oranges
Peaches	Pears	Pineapple
Plums	Strawberries	Tangerines
Watermelon		

Applesauce (Unsweetened), Fruit Cups, and Canned Fruit. These have a long shelf life and are low-cost, easy, and healthy if canned in juice or light syrup.

Dried Fruit. Try raisins, apricots, apples, cranberries, pineapple, papaya, and others with little or no added sugars.

Frozen Fruit. Try freezing grapes or buy frozen blueberries, strawberries, peaches, and mangoes.

Fruit Leathers. Some brands of [fruit snacks](#) are more like candy than fruit, and should be avoided due to their high content of added sugars and lack of fruit. Look for a fruit leather which comes in a variety of flavors and doesn't have added sugars.

Fruit Salad. Get kids to help make a fruit salad. Use a variety of colorful fruits to add to the appeal.

Smoothies. Blend fruit with 100% juice, yogurt or milk, and ice. Many store-made smoothies have added sugars and are not healthy choices.

Vegetables:

Broccoli	Carrot sticks/Baby Carrots	Cauliflower
Celery Sticks	Cucumber	Peppers (green, red, or yellow)
Snap Peas	Snow Peas	Grape or cherry tomatoes
Summer Squash slices	Zucchini slices	

Dips. Try low-fat [salad dressings](#), like fat-free Ranch or Thousand Island, store-bought light dips, hummus (which comes in dozens of flavors), bean dips, guacamole, salsa, or peanut butter (if no allergies).

Salad. Make a veggie tray and let the kids pick their favorites.

Veggie Pockets. Cut whole wheat pitas in half and let kids add veggies with hummus, bean dip, or dressing.

Ants on a Log. Let kids spread peanut butter on celery (with a plastic knife) and add raisins.

Healthy Grains:

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, and other refined grains that are high in sugars or saturated fat. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains.

Note: Cookies, snack cakes, and chips should be served in limited amounts, given their poor nutritional quality.

Whole Wheat English Muffins, Pita, or Tortillas. Stuff them with veggies or dip them in hummus or bean dip.

Breakfast Cereal. Either dry or with low-fat milk, cereals like Cheerios, Rice Chex, Wheat Chex, Corn Chex, Life, and Kix. Look for cereals with no more than 7g of sugars per serving. Make a cereal mix with different flavors and textures.

Crackers. Whole-grain crackers like Triscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Whole Grain Saltines be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced-sodium luncheon meat.

Rice Cakes. Look for rice cakes made from brown (whole grain) rice. They come in many flavors, and can be served with or without toppings.

Popcorn. Look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, *e.g.*, by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.

Granola and Cereal Bars. Look for whole grain granola bars that are low in sugars and moderate in calories.

Crackers:

Animal Crackers
Cheese Nips
Goldfish Crackers
Graham Crackers
Triscuit and Wheat Thin Crackers

Chips/Pretzels/Popcorn:

Baked Tortilla or Potato Chips
Goldfish Pretzels
Pretzels twists, sticks or rods
Nabisco Smart Food Popcorn, Air-Popped Popcorn
Nabisco Veggie Straws

Low-Fat Dairy Foods:

Dairy foods are a great source of calcium, which can help to build strong bones. To protect children's bones and hearts, make sure all dairy foods served are low-fat or fat-free.

Yogurt. Look for brands that are low-fat or fat-free, moderate in sugars (no more than about 20 grams of sugars in a 6-oz. cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-oz. cup). Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola.

Low-Fat Cheese. Choose reduced-fat cheeses like Trader Joe's Armenian Style Braided; Borden or Sargento Light Mozzarella string cheese; Frigo Light Cheese Heads; Kraft Twist-Ums; Polly-O Twisterellas; the Laughing Cow's Light Original Mini Babybel; or Cabot 50% Light Vermont Cheddar.

Other Snack Ideas:

Nuts. Nuts are a healthy choice, but since nuts are calorie dense, it is best to serve them along with another snack such as fruit. A small handful of nuts is a reasonable serving size. Examples include peanuts, pistachios, almonds, walnuts, cashews, or soy nuts.

Trail Mix. Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries.

*****WARNING: A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter, or other nuts as a snack, check to make sure none of the children has an allergy.**

Healthy Beverages:

Water. Water should be the main drink served to kids. Water satisfies thirst and does not have sugar or calories. (Plus, it is low-cost)

Seltzer. Carbonated drinks like seltzer, sparkling water, sugar free flavored sparkling water, and club soda are healthy options. They do not contain the sugars, calories, and caffeine of sodas. For an occasional treat, mix them with equal amounts of 100% fruit juice.

Low-Fat and Fat-Free Milk. Milk provides key nutrients, such as calcium and vitamin D. Choose fat-free (skim) or low-fat (1%) milk.

Fruit Juice. Avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. Many beverages like Capri Sun, V8-Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, or juice drinks from Very Fine, Welch's or Snapple are easily mistaken for juice. However, those beverages are more like soda than juice - they are merely sugar water with a few tablespoons of added juice.

If you do serve juice, it should be 100% Fruit Juice. **Please do not serve soda as a beverage at school.**

