

SNACK IDEAS

FROM "HEALTHY CHILD AND EARTH" ELEMENTARY SCHOOL COMMITTEE

Fruits and Vegetables...

1. Apple (good with peanut butter)
2. Banana (good with peanut butter)
3. Carrots (good with hummus or homemade ranch dip)
4. Celery (good with peanut butter and raisins a.k.a. "Ants on a Log")
5. Mango
6. Pear
7. Grapes
8. Strawberries (good with yogurt – buy plain and flavor it yourself)
9. Blueberries (good with yogurt – buy plain and flavor it yourself)
10. Raspberries (good with yogurt – buy plain and flavor it yourself)
11. Oranges
12. Peaches (good with yogurt – buy plain and flavor it yourself)
13. Plums
14. Kiwi
15. Grapefruit
16. Avocado (good with soy sauce and brown rice)
17. Pineapple
18. Papaya
19. Star Fruit
20. Figs (good with goat cheese)
21. Honeydew Melon
22. Cantaloupe
23. Watermelon
24. Cherries
25. Edamame (good with soy sauce)
26. Raw Sugar Snap Peas (good with hummus)
27. Cooked Green Beans
28. Mashed Sweet Potato (good with butter and cinnamon)
29. Raw Sliced Bell Peppers (good with hummus or homemade ranch dip)
30. Cucumber Slices (good with homemade ranch dip)
31. Jicama
32. Cherry Tomatoes (good with homemade ranch dip)
33. Cooked Snow Peas
34. Frozen Peas (frozen...no cooking necessary!)
35. Raw Cauliflower
36. Raw Broccoli (good with homemade ranch dip)
37. Applesauce

38. Unsweetened Raisins
39. Fruit Leathers
40. Freeze Dried Fruit (like mango, banana, blueberries or strawberries)
41. Dried Apple Rings
42. Canned Fruit like Mandarin Oranges (Native Forest brand does not use sugary syrups in their cans)
43. Olives

Whole-Grain...

44. Whole Grain Crackers (like Triscuits, Multi-Seed, Ak-Mak, Whole-Wheat Matzos, Brown Rice Crackers/Snaps, Whole-Grain Rye Crackers topped with cheese, peanut butter, or a cream cheese and jelly combo)
45. Popcorn (make plain popcorn and flavor it yourself)
46. Oatmeal (served warm in a Thermos container if sending to school)
47. Shredded Wheat (look for brands that contain 1-ingredient)
48. Arrowhead Mills Puffed Whole Grain Cereal (corn, brown rice, wheat or millet variety)
49. Brown Rice Cakes
50. Whole-Wheat Pretzels (Unique Sprouted Grain brand sold at Fresh Market)
51. Whole-Grain Toast
52. Small, Cooked Whole-Grain Noodles

Nuts and Seeds...

53. Larabars
54. Peanuts
55. Cashews
56. Almonds
57. Pecans
58. Walnuts
59. Pine Nuts (they are good lightly toasted)
60. Pistachios
61. Sesame Seeds
62. Pumpkin Seeds
63. Nut Trail Mix including Dried Fruit

Other...

64. Hard-Boiled Eggs
65. Garbanzo Beans
66. Cheese (cubes or sticks...with or without crackers)
67. Plain Yogurt (flavored with a little honey or maple syrup and vanilla extract)
68. Organic Bacon