

Healthy Snack Ideas

- ✓ Let the kids assemble their own creations from supplied ingredients or bring in their favorite healthy snack to share as a class
- ✓ Repetition and presentation and be the difference between success and failure of food acceptance
- ✓ Buy pre-prepped or prep the night before to avoid a chaotic morning or class
- Veggie Sticks
carrots, celery, cucumber, bell pepper, broccoli
- Dips
Try low-fat salad dressing, bean dips, guacamole, hummus, salsa or peanut butter
- Fresh Fruit
use Fresh Fruit to prevent browning; cut fruit into fun shapes; experiment with different types of fruit
- Canned or Frozen Fruit
choose fruit packaged in juice or light syrup
- Fruit Pizza
try fruit, veggies or cheese in fun shapes, or a combination of it all
- Ants on a Log
celery, peanut butter and raisins or other item to stick on PB
- Apple Lips
apple slices, peanut butter, marshmallow for teeth and raisins for missing teeth
- Dried Fruit
- Fruit Leathers
- Fruit Salad
- Applesauce (unsweetened)
- Baked Tortilla Chips with Salsa
- Popcorn
Look for low fat or air-pop and let the kids choose their own seasoning: parmesan cheese, garlic powder or other non-salt seasonings
- Pretzels
- Pumpkin Seeds
- Cheese/Peanut Butter and crackers
check labels of different brands, some are healthier than others!
- Whole-grain crackers or bread
- Breakfast cereal
Aim for cereal with no more than 35% added sugar by weight
- Rice cakes
Experiment with different flavors
- Granola and Cereal Bars
- Trail mix

Drinks:

- *Straws make any drink feel special
- Water
- Seltzer
- Low-fat Milk
- 100% Fruit juice
- Fruit Smoothie

Easy Snacks to Pack

- ✓ Remember portion control when packing your child's snack
- ✓ Snack time is a great opportunity to increase your child's nutritional intake
- Goldfish Crackers
- Dry breakfast cereal (try Cheerios, Chex, low-fat granola, Kashi, etc...)
- Applesauce (unsweetened) include a spoon
- Fruit cups (package in juice or light syrup) with spoon

- Fruit (apple, pear, banana, orange slices)
- Dippers (often sold as prepackaged fruit or veggie with dip, look in produce section)
- Dried fruit (raisins, craisins, apples, tropical mixes)
- Raw veggie (baby carrots, celery, broccoli, cucumber slices, bell pepper slices)
- Whole-wheat crackers with peanut butter/hummus/bean dip and a knife for spreading
- Granola or Cereal Bar (compare labels to give your child the best nutritional option)
- Rice Cakes
- Trail Mix
- Graham crackers
- Go-GURT (put it in bag frozen and add an ice pack if snack is later in the day)
- Chunk cheese (pack with ice)

Healthy Encouragement

➤ **Gold/Black Cards**

A "credit" card for kids meeting specific requirements (grades, attendance, behavior). There are two levels to the card, the Gold (highest level) and the Black (second level). The Gold level has higher standards and better benefits. Examples of benefits are getting out early for lunch, into games for free and/or provide discounts at local, sponsoring businesses.

➤ **Early Out**

Let kids out of class, or end the lesson, a little early if they have accomplished a goal

➤ **Quarterly Rewards**

A party for those who have had good behavior and grades—the field house, bowling, bike path, nature preserve or a movie as a class/school on a Saturday. If not free, try to get a discounted price.

➤ **Nature Hike**

Leave the classroom and go explore what the local area has to offer.

➤ **Mileage Club at recess**

Students that choose to participate may run in a designated spot at recess, if available. They record their mileage on a chart. These charts are collected weekly. Student achievement is acknowledged by principal or gym teacher during morning news.

➤ **Student/Teacher Pedometer Challenge**

Students and teachers record footsteps per day with pedometers. Students turn in pedometers at the end of the day. Weekly reward class that records greatest number of footsteps.

➤ **Earn the Words Party**

All the words of the party title (ex. Friday Snow Party) must be earned before you can have a party. Behavior, activity, grades, etc. can be used to challenge them. Have the students bring in their own treats that are healthy and fit into the theme.

➤ **Sparkle**

Class gets to play sparkle instead of food rewards. Sparkle is a spelling game with different variations. Students are asked to spell a word. Each student gives one letter. When the last letter is given, the next student says the word and next student sits down.

➤ **Dance Party (primary kids)**

Class gets to dance and let out excess energy. Teachers can use fun class songs.

American Idol-Skit Parties (Intermediate Grades)

Kids bring or perform special/approved skills. Singing, instruments, juggling etc....

➤ **Mystery Reader/Lecture/Topic**

Deviate from the normal day-to-day and bring in a special guest to enhance the lesson or have a special topic in lieu of a food or movie party

➤ **Birthday Choice**

Birthday child chooses the activity to do at their party - instead of eating

➤ **New Perspective**

Hold class in a different location

➤ **Trivia**

➤ Play Jeopardy with questions from current topics or for review

Non-food Rewards

- Verbal praise
- Public acknowledgement of good work
- Catch them while they are being good and acknowledge
- Special privilege/job (special seat, specific job allowed, etc...)
- Stickers
- Pencils
- Small bags of crafts or foam stickers
- Coloring pages
- Books
- Crayons
- Extra recess
- Free time