

Healthy Classroom Snacks

To promote the idea that good nutrition is important across all environments administrators, teachers, and parents need to work together to encourage healthy food and beverage choices during both academic and celebration times. While classroom celebrations should focus on fun activities and crafts, offering fun and healthy snacks is another way to model good nutrition.

Below you will find some fun and healthy snack alternatives to the traditional cupcakes, cookies, and chips.



Birthday Celebrations

Encourage parents to bring healthy treats for birthdays by sending home a list of suggested snack items at the beginning of the school year.

- Fruit Kabobs
- Veggie Tray
- Low-fat Yogurt
- String Cheese
- Fruit Parfait– yogurt, fruit, granola
- Applesauce or other fruit cups
- Popcorn
- Apple slices with caramel or yogurt dip
- Low-fat pudding
- Berries with Cool Whip



- Trail Mix– bring nuts, seeds, cereal, dried fruit etc. and let the kids make their own mix
- Mandarin oranges
- Pretzels
- Graham Crackers
- 100% fruit juice
- Sugar free Jell-O
- Whole grain tortilla chips and salsa

Fall Celebrations

Halloween:

Healthy Candy Corn- *Layer a clear cup with pineapple pieces, mandarin orange sections and low fat whip topping*

Jack-o-Lantern Fruit Cups- *Using a Sharpie draw fun Halloween faces on prepackaged fruit cups*

Clementine Pumpkins- *Peel clementine oranges, insert celery stick in the top for a stem*

Frankenstein Grapes- *Draw a Frankenstein face on a clear cup, fill with green grapes*

Boo-nana Pops- *Cut bananas in half, put on a stick, use cheerio's or mini chocolate chips to make a face. Dip in low-fat yogurt!*

Spiders- *Use 2 Ritz crackers for the body, fill with peanut butter or cheese spread, put pretzel sticks in the sandwich to make legs. Top with mini chocolate chip eyes.*

String Cheese Ghosts- *Cut the string cheese in half and peel cheese about half way, leave attached to make a ghostly body*

Spooky Cheese- *Use Halloween themed cookie cutters to make fun cut outs of cats, bats, spiders, pumpkins and more. Rather than making cookies use them to cut out meat, cheese, whole grain tortillas*

Thanksgiving:

Turkey Roll-up- *Roll together turkey lunch meat and cheese in a whole grain tortilla, use olives for eyes*

Turkey Snack Bags- *Fill a clear plastic glove with colored gold fish (only in the fingers) and popcorn (in the thumb and hand part). Tie at the bottom and draw on a turkey face!*

Turkey Veggie Cups- *Draw a turkey body and face on a clear cup, put a small amount of low-fat ranch dressing in the bottom of the cup, fill with carrots, celery or colorful bell pepper slices to look like feathers.*

Turkey Pudding Cups- *Turn sugar-free chocolate pudding cups upside down, decorate packaging to look like a turkey*

Fall Trail Mix- *Cheerios, Wheat Chex, pretzel sticks, dried fruit, marshmallows, raisins, nuts*

Apple Cider- *Warm apple cider in a crock pot for an afternoon snack*

Pumpkin Dip- *Mix together pumpkin puree, powdered sugar, cinnamon, nutmeg and low fat cream cheese. Serve with graham crackers, pretzels or fruit*



Winter Celebrations

Christmas

Christmas Trees- *Make a Christmas tree on a paper plate by using stick pretzels for the stem, snap peas or green apple slices for the branches and a star shaped piece of low-fat cheese to decorate the top.*

Applesauce Reindeer- *Using prepackaged applesauce cups, flip them over and decorate with pom-pom noses, googly eyes and pipe cleaner antlers*

Banana Santas- *Cut banana into thirds, this is the face, put onto toothpick with a strawberry for the hat. You can make a face using mini chocolate chips or candy pieces.*

Fruit Cup Santa Snacks- *Using prepackaged fruit and gel cups (red colored) draw a black belt across the top of the snack cup. Use glitter glue to make a belt buckle.*

Grinch Kabobs- *Layer a green grape, banana slice, strawberry, and mini marshmallow on a skewer. Repeat pattern to make multiple Grinches, or use a toothpick to make individual Grinch snacks.*

Snowman String Cheese- *Decorate individual packages of string cheese with a snowman face, hat and buttons. Tie on a small piece of ribbon for a scarf.*

Popcorn Snowmen- *Draw a snowman face on a clear cup. Add a piece of ribbon for a scarf and fill with low-fat or air popped popcorn.*

Valentine's Day

Love Bugs- *Red, sugar free, Jell-O cups decorated with heart shaped eyes, antennas, legs etc.*

Heart Cut-outs- *Use a heart shaped cookie cutter to make Valentine's Day snacks. You can cut melon, pineapple, cheese, meats etc. into fun, healthy snacks.*

Strawberry Snacks- *Dress up strawberry slices with low fat yogurt and graham crackers*

Valentine's Smoothie- *Blend together your choice of berries (raspberries, strawberries, blue berries), bananas, and pineapple with low fat yogurt and 100% juice. If you are feeling adventurous, add spinach for an extra boost of vitamins and minerals!*

Fruit Kabobs- *To stick with the Valentine's theme, alternate strawberries and purple grapes*

Main Squeeze- *Attach a label reading "You're my Main Squeeze" to pouches of applesauce.*

Ladybugs- *Cut an apple in half and decorate the outer skin of the apple with raisins (use peanut butter to stick raisins to apple) to create a lady bug.*



Spring Celebrations

100th Day Celebrations:

Cheerio Necklace- *String 100 Cheerio's on a piece of yarn to make a necklace*

100- *Use rectangle and circle shaped foods to make the number 100 (string cheese and Ritz crackers, pretzel sticks and circle cheese slices, carrots and cucumbers, graham cracker piece and apple circles)*

Dr. Seuss's Birthday:

Lorax Cuties- *attach a moustache and googly eyes to a mandarin orange to make a Lorax*

Cat and the Hat Cheese - *Decorate your string cheese package with a cat face and red striped hat.*

Hop on Pop(corn)- *Low fat or air popped popcorn*

Green eggs and ham- *make green eggs and ham in the classroom with the kids*

Jell-O Cups- *Use sugar free red gelatin with low fat whipped topping*

1 Fish, 2 Fish- *Go fishing for goldfish crackers using pretzel sticks dipped in peanut butter as a fishing pole*

St. Patrick's Day:

Fruit Skewers- *Sample green fruits: kiwi, grapes, apples, honey dew melon*

Taste the Rainbow- *Try a variety of colored fruits, make a rainbow (strawberry, orange slice, pineapple chunk, green grapes, blueberries, purple grapes)*

Veggie Tray- *Make a tray of green vegetables (green pepper, snap peas, broccoli, cucumber, celery)*

