

Snacks for Happy, Healthy Kids!

...great for classroom parties, too!



Listen!



Comments about healthy snacks:

"I think the key is early exposure to a wide variety of foods. Even if it is a food the parent doesn't like, have the child try it. That's worked for me ... (I know of) a little boy who wanted to take turnips for his baseball team snack."

Angela Hemwall
Parent, Ridgeway Elementary
Columbia Public Schools

"I like to hand out fruit slices, cheese, whole grain crackers, (100%) juice boxes and ... homemade cookies are also favorites."

Heidi Whitehill
Parent, Notre Dame de Sion School
Kansas City, Mo.



Recipes

(serves 32 students)

Mini Banana Splits

Ingredients:

- 16 small bananas, peeled
- 16 cups lowfat vanilla yogurt
- 8 cups fresh berries
- 2 cups lowfat granola

Preparation (20 minutes):

1. Cut banana in half, share between two students.
2. Scoop $\frac{1}{2}$ cup of yogurt onto banana.
3. Top with berries and granola.

Fabulous Punch

Ingredients:

- 1 gallon cranberry juice
- 1 gallon apple cider
- 12 oz frozen orange juice, thawed and undiluted

Preparation (5 minutes):

Mix and stir all ingredients together in large pitcher and serve over ice.

Adapted with permission from California Cooperative Extension.



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- Beverages
 - 100% juice
 - Fruit spritzers (juice and Seltzer water)
 - Water
- Smoothies (frozen fruit, 1% milk and banana)
- Cheese/fruit/sandwich (cookie cutter shapes)
- Ham, cheese or turkey sub sandwiches (with low-fat condiments)
- Cheese cubes/sticks
- Vegetable trays
- Vegetable dip (cottage cheese or plain yogurt and choice of onion/garlic/parmesan seasoning)
- Pretzels
- Low-fat popcorn
- Fresh fruit
- Fruit and cheese kabobs
- Fruit with whipped topping or peanut butter dip
- Fruit dip (vanilla yogurt, honey, cinnamon and nutmeg)
- 100% fruit snacks
- Dried fruits
- Graham crackers
- Vanilla wafers
- Fig Newtons

- Animal crackers
- Angel food cake, plain or topped with fruit
- Cupcakes made with fruit or nuts
- English muffin pizza topped with tomato sauce and any combination of vegetables, pineapple, lean ham and Canadian bacon
- Pizza dippers (pizza toppings and bread on a skewer with marinara dip)
- Salsa with baked tortilla chips
- Pudding (use 1% or skim milk)
- Yogurt parfait (vanilla yogurt with diced fruit)
- Quesadillas with salsa
- Chicken, beef or vegetable fajitas
- Low-fat breakfast or granola bars
- Trail/cereal mixes
- Nuts
- Whole wheat crackers
- Low-fat ice creams, frozen yogurts or sherbets
- Fruit pies made with a graham cracker crust, low-fat cream cheese (1/4 inch layer or less) and sliced fresh or canned fruit arranged on top



Healthy Eating and Activity Can Improve:

- attendance
- energy levels
- participation
- school behavior
- test scores
- academic success

health.mo.gov/teamnutrition
healthykidsmo.org

