

**DUBUQUE COMMUNITY SCHOOL**  
**HEALTHY SCHOOL SNACKS**

**Fruit**

Serve whole, sliced, cut in half, cubed, or in wedges. Consider canned, frozen, and dried fruits.

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (red, green, or purple)
- Honeydew Melon
- Kiwis
- Mandarin Oranges
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- 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.

Examples of unsweetened applesauce include Mott’s Natural Style and Mott’s Healthy Harvest line. Dole and Del Monte offer a variety of single-serve fruit bowls.

**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, mangoes, and melon.

**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. Try Natural Value Fruit Leathers and Stretch Island Fruit Leathers, which come in a variety of flavors and don’t have added sugars.

**Fruit Salad** – Get kids to help make a fruit salad. Use a variety of colored fruits to add to the appeal. Fresh fruit assortment, fruit and cheese kabobs, or fruit with low-fat whipped topping.

**Fresh Apple Wedges** - Served with caramel dip (low calorie).

**Popsicles** – Most so-called “fruit” popsicles have added sugars and should be reserved for an occasional treat. Look for popsicles made from 100% fruit juice with no added caloric sweeteners, such as Breyers or Dole “No Sugar Added” fruit bars.

**Fruit Smoothies** -Blend bananas, berries, and pineapple.

**Vegetables can be served raw with dip or salad dressing:**

- Broccoli
- Carrot sticks or Baby Carrots
- Cauliflower
- Celery Sticks
- Cucumber
- Peppers (green, red, or yellow)
- Snap Peas
- Snow Peas
- String Beans
- Tomato slices or grape or cherry tomatoes
- Yellow Summer Squash slices
- Zucchini slices

**Trays**- Make up vegetable trays with low-fat dip, celery, and carrots, with raisins.

**Dips** – Try low-fat salad dressings, like fat-free Ranch or Thousand Island, store-bought light dips, bean dips, guacamole, hummas (which comes in dozens of flavors), or salsa.

**Salad** – Make a salad or set out veggies like a salad bar and let the kids build their own salads.

**Soy** - Edamame (pronounced “eh-dah-MAH-may”) are fun to eat and easy to serve. (Heat frozen edamame in the microwave for about 2-3 minutes.)

**Veggie Pockets** – Cut whole-wheat pitas in half and let kids add veggies with dressing or hummas.

### **Healthy Grains (bread, crackers, cereals, etc.)**

**Note:** Cookies, snack cakes, and chips should be saved for occasional treats, given their poor nutritional quality. trans fat low (*i.e.*, less than 10% of calories, or about one gram or less per serving).

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

**Bagels** - Slices with jam or fruit.

**Whole Grain Waffles or Pancakes**- Top with fruit.

**Breakfast Cereal** – Either dry or with low-fat milk, *whole* grain cereals like Cheerios, Grape-Nuts, Raisin Bran, Frosted Mini Wheats, and Wheaties make good snacks. Look for cereals with no more than 35% added sugars by weight (or roughly 8 grams of sugar per serving).

**Crackers** – Whole-grain crackers like Triscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Kalvi Rye crackers, or whole wheat Matzos can be served alone or with toppings, like low-fat cheese, hummas, 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.

**Baked Tortilla Chips** - Baked tortilla chips are usually low in fat, and taste great with salsa and/or bean dip. Look for brands with less sodium.

**Granola and Cereal Bars** - Look for whole grain granola bars that are low in fat and sugars, like Barbara’s Granola Bars (cinnamon raisin, oats and honey, and carob chip flavors), Nature Valley Crunchy Granola Bars (cinnamon, oats ‘n honey, and maple brown sugar flavors), Nature Valley Chewy Trail Mix Bars (fruit flavor), and Quaker Chewy Granola Bar.

**Pretzels, Breadsticks, and Flatbreads** - These low-fat items can be offered as snacks now and then. However, most of these snacks are not whole grain and most pretzels are high in salt.

### **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 30 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).

Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola. Make yogurt and fruit parfaits topped with granola, or smoothies.

**Low-Fat Cheese** - Cheese provides calcium, but often has high saturated fat. Even with low-fat and reduced-fat cheese, be sure to serve with other foods like fruit, vegetables, or whole grain crackers. 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.

**Low-Fat Pudding and Frozen Yogurt** - Low-fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.

### **Other Snack Ideas**

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

**Luncheon Meat** – Choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole wheat bread, pita, tortillas (as a wrap sandwich), or crackers. Cut sandwiches in half to make snack-sized portions.

**Angel Food Cake** - Plain or topped with fruit.

**Pizza** - Use low-fat toppings (vegetables, lean ham) pizza dippers with marinara sauce.

**Quesadillas or Bean Burrito** - With salsa.

### **Healthy Beverages**

**Water** – **Water should be the main drink served to kids at snack times.**

Water satisfies thirst and does not have sugar or calories. (Plus, it is low-cost!) If students are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.

**Seltzer** - Carbonated drinks like seltzer, sparkling water, and club soda are healthy options. They do not contain the sugars, calories, and caffeine of sodas. Serve them alone or try making “healthy sodas” by mixing 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. It is best to serve fat-free versions of chocolate, strawberry, or other flavored milks to help balance the extra calories coming from added sugars.

**Soy and Rice Drinks** - For children who prefer not to drink cow’s milk, calcium fortified soy and rice drinks are good choices.

**Fruit Juice** - Buy 100% juice with no added sweeteners, no more than 120 calories per 8-ounce serving and at least 10% of the recommended daily value (DV) for at least three micronutrients (e.g., calcium, vitamins, iron). Avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. To find 100% juice, look at beverage nutrition labels for the percentage of the beverage that is juice. Orange, grapefruit, and pineapple juices are more nutrient-dense and are healthier than apple, grape, and pear juices. Fruit juice can be rich in vitamins and minerals compounds.

### **SOME SUGGESTED RESOURCE SITES:**

[www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf)

[www.kidsource.com/health/snack.smart.html](http://www.kidsource.com/health/snack.smart.html)

[http://cspinet.org/nutritionpolicy/healthy\\_school\\_snacks.html](http://cspinet.org/nutritionpolicy/healthy_school_snacks.html)

<http://www.webmd.com/parenting/features/healthy-snacks-for-kids>

Please refer to the Dubuque Community School District Wellness Policy for specific guidelines.

**WARNING:** Some students have severe **peanut and/or tree nut allergies or other food allergies**. Before bringing in peanuts, peanut butter, or other nuts as a snack, check with the School Nurse to make sure none of the children/staff has an allergy. Make sure all ingredients are known.