PPSD Suggested Snack List

Healthy snacks provide students with the energy and nutrients they need to fuel their body and brain. They also help students perform their best throughout the day. This suggested snack list has been created to promote the goals of the District Wellness Policy regarding snacks brought in from home or served to students. Please use this list as a guide to help choose smarter snacks for the school day.

If you are looking for something...

Salty

Sunflower seeds, 1.5 oz Pumpkin seeds, 2 oz Pretzels, 1 oz Low-fat cheese crackers, 1.5 oz Cereal, 1 oz Trail mix, 1 oz Baked chips, 1 oz



Apple, fresh Carrot sticks, 1.3 oz Trail mix, 1 oz Sunflower seeds, 1.5 oz Bagel chips, 1 oz

Looking for a crunchy, sweet, and salty snack? Combine these ingredients in a small plastic bag to make a homemade trail mix!

5 mini pretzels 1/4 cup whole grain cereal 1 tablespoon raisins 1 tablespoon sunflower seeds



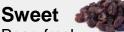
Creamy



Non-fat yogurt, 6 oz Low-fat yogurt, 6 oz Low-fat Greek yogurt, 6 oz Low-fat string cheese, one stick

Thirst-Quenching

Orange slices, one orange Cucumber slices, 1/2 cucumber Watermelon slices, 1 cup Water, any size 100% Fruit juice, 8 fl oz or less 100% Vegetable juice, 8 fl oz or less 1% or skim milk, 8 fl oz or less



Pear, fresh Apple, fresh Banana, 1/2 fruit Raisins, 1 oz Granola bar, 1



Classroom and School Celebrations

Snacks prepared from home can cause problems with food safety and food allergies and are not recommended.

However, if snacks are brought to classrooms from home, please make the effort to choose items that promote the goals of the District Wellness Policy.

Keep snack sizes small!

Small packages of snacks keep portions under control. Try buying the snack-sized option, or to save money, make your own snack-size baggies from a larger package.







This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-977-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.

