



TRY THESE HEALTHY SNACK IDEAS IN OR OUTSIDE OF THE CLASSROOM

- **Grapes and whole grain crackers**
- **Peanut butter and celery**
- **Baby carrots and low-fat ranch**
- **Hummus on a whole grain tortilla or whole grain pita**
- **Low-fat yogurt with fresh fruit or nuts**
- **String cheese**
- **Peppers and bean dip**
- **Hard-boiled egg**
- **Tuna salad and whole grain crackers**
- **Fruit smoothie**
- **Low-fat popcorn (without added salt or butter)**
- **High fiber or whole grain cereal and low-fat milk**
- **Sugar-free pudding and graham crackers**
- **2 sheets of graham crackers with natural peanut butter or almond butter**
- **Make your own trail mix with unsalted or sweetened nuts, seeds and dried fruit**
- **Cut up mixed fresh fruit**
- **1 slice of whole grain bread with peanut butter**
- **4-5 whole grain crackers with peanut butter**
- **Popcorn trail mix: 1 cup of light popcorn mixed with 1/4 cup of nuts and 2 Tbsp raisins**
- **Cereal Mix: 1/4 cup of nuts, 2 Tbsp dried fruit, 1 Tbsp chocolate pieces and 1/4 cup whole grain cereal**
- **Sliced apple or banana with peanut butter**
- **Peanut butter smoothie: Blend 1 cup of low-fat vanilla yogurt, one banana and 1 Tbsp peanut butter**
- **Fruit smoothie: Blend 6 oz. of low-fat vanilla yogurt, 1/2 cup of skim milk, 1 cup of fresh or frozen berries (strawberries, raspberries, or blueberries)**
- **Fresh fruit or vegetables with 1/2 cup of low-fat cottage cheese**
- **Fresh Salsa with toasted whole grain tortilla or pita pieces**
- **A hard-boiled egg with a piece of whole grain toast topped with light, non-trans fat margarine**
- **Fresh fruit frozen on a stick (such as strawberries, bananas, berries, etc)**
- **Frozen yogurt with fresh fruit or nuts**

