

NEW Academy Canoga Park

Healthy Snacks

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity.

Snacks play a major and growing role in children's diets. Between 1977 and 1996, the number of calories that children consumed from snacks increased by 120 calories per day.

Below are ideas for teachers, caregivers, program directors, and parents for serving healthy snacks and beverages to children in the classroom, in after-school programs, at soccer games, and elsewhere. Some ideas may be practical for large groups of children, while other ideas may only work for small groups, depending on the work and cost involved.

Healthy Eating Tip: serve snacks with fun plates, napkins, cups, or straws or have a tasting party where children can vote for their favorite healthy snacks.

Fruits and Vegetables

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber.

Carrot

Serving fresh fruits and vegetables can seem challenging. However, good planning and the growing number of shelf-stable fruits and vegetable products on the market make it easier. Though some think fruits and vegetables are costly snacks, they are actually less costly than many other less-healthy snacks on a per-serving basis. According to the U.S. Department of Agriculture, the average cost of a serving of fruit or vegetable (all types – fresh, frozen, and canned) is 25 cents per serving. This is a good deal compared with a 69-cent single-serve bag of potato chips or an 80-cent candy bar. Try lots of different fruits and vegetables and prepare them in various ways to find out what your kids like best.

Fruits

Fruit is naturally sweet, so most kids love it. Fruit can be served whole, sliced, cut in half, cubed, or in wedges. Canned, frozen, and dried fruits often need little preparation.

Apples (it can be helpful to use an apple corer)	Cucumber	Pears
Apricots	Jicama	Pineapple
Avocado	Edamame	Papaya
Bananas	Figs	Plums
Blackberries	Grapefruit	Pomegranate
Black Beans	Grapes (red, green, or purple)	Raspberries
Carrots	Green Beans	Snow peas
Celery	Honeydew Melon	Strawberries
Blueberries	Kiwis (cut in half and give each child a spoon to eat it)	Star Fruit
Bell peppers	Lima Beans	Sweet Potato with cinammon
Broccoli	Mandarin Oranges	Tangerines
Cantaloupe	Mangoes	Watermelon
Cauliflower	Nectarines	Applesauce (Unsweetened), Fruit Cups, and Canned Fruit
Cherries	Oranges	
Cherry Tomatoes	Peaches	

Healthy Snack List

Grains/Crackers:

Animal crackers
Graham crackers
Wheat crackers
Baked tortilla chips with salsa
Vanilla Wafers
Rold Gold Pretzels
Ritz Crackers
Quaker Mini Delight (Caramel Drizzle) Rice Cakes
Low-fat or low-sugar oatmeal cookies
Kix
Cheerios
Gold Fish
Pop Tarts
Grab N Go Cereal Bags: Corn Flakes, Fruit Loops, Frosted Flakes
Animal Crackers
Pretzel Sticks & Cheese
Crackers & Cheese
Wheat Thins
Nabisco Wheat Thins
Keebler Club Crackers
Keebler Townhouse Crackers
Keebler Graham Crackers
Nabisco Honey Maid Grahams cinnamon/honey sticks

Kellogg's Nutri-Grain cereal bars (blueberry, mixed berry, raspberry, cherry, apple, or strawberry)
Keebler Vanilla Wafers
Nabisco Honey Maid Snack Bars (Oatmeal Raisin, Oatmeal)
Kellogg's All Bran Cereal Bars (Honey Oat, Brown Sugar Cinnamon, Oatmeal Raisin)
Nabisco Barnum's Animal Crackers
Cliff Bars (Chocolate Chip, Peanut Crunch, Chocolate Almond Fudge, Cookies and Creme & Chocolate Brownie)
Cliff Z Bar (Peanut Butter, Chocolate Brownie & Apple Carmel)
Famous Amos Oatmeal Raisin Cookies
Fig Newtons
Bagels
Light popcorn
Rice cakes (any flavor)
Cereal or cereal bars with low-fat or skim milk
Whole grain English muffins
Sara Lee Bagels (plain, blueberry, cinnamon raisin)
Kellogg Apple Jacks
Kellogg Crackln' Oat Bran
General Mills Golden Grahams

Beverages/Milk products:

Low-fat string cheese
Frozen yogurt
Cottage cheese with fruit or flavored as a dip
Low-fat vanilla or banana pudding
Yogurt or Gogurt (refrigerated or not)
Cheese Curls
Cheese Nips
Minute Maid 100% Juice Boxes (Berry & Grape Blend, Fruit Medley)

Minute Maid 100% Juices (Grape, Orange Tropical, Fruit Medley & Mixed Berry)
Minute Maid 100% Pure Juice (Orange & Apple)
Florida's Fruit Juice 100% (Orange, Apple, Grape, Kiwi Strawberry & Fruit Medley)
Dannon Co. Classice Low-Fat Yogurt (Lemon & Vanilla), Danimals (Strawberry), Fruit at the bottom Low-Fat Yogurt (Peach, Raspberry & Mixed Berries)
Cottage cheese mixed with cinnamon or honey

Other:

Tortillas with ham, cheese, or turkey

Fruit:

All fresh fruits
Dole/Del Monte Fruit Cups
Motts Applesauce Cups
Sun-Maid Raisins in red box

Fruit Roll-ups
Raisins or Craisins
Dole Fruit bowls