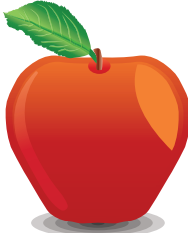







# HEALTHY SCHOOL SNACKS

Cedar Rapids Community School District

*The provided list is not all inclusive. Reference [CRCSO Nutritional Standards](#) for specific guidance.*

Snacks play a major role in a child’s diet and provide a valuable opportunity for nutrition education. Healthy snacks are important to providing good nutrition and supporting lifelong healthy eating habits.

<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Fresh fruit-whole or sliced</li> <li>• Assorted fruit salads</li> <li>• Dried Fruits</li> <li>• Applesauce</li> <li>• Individual fruit cups (packaged in juice)</li> <li>• 100% Fruit Juice</li> <li>• 100% Frozen Fruit Bars</li> </ul> 	<p><b>Low Fat Dairy/Protein:</b></p> <ul style="list-style-type: none"> <li>• String Cheese or Cheese Cubes</li> <li>• Yogurt</li> <li>• Cottage Cheese</li> <li>• Deli Meat</li> <li>• Sunflower Seeds</li> <li>• Pepita/Pumpkin seeds</li> </ul> 
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw Vegetables Simple kid-friendly examples: Baby Carrots, Broccoli, Cauliflower, Snap Peas, Sliced Peppers, Celery</li> <li>• Dehydrated Vegetables             <ul style="list-style-type: none"> <li>• Vegetable Chips,</li> <li>• Chickpeas</li> </ul> </li> <li>• Edamame (Soybeans)</li> </ul> 	<p><b>Whole Grains:</b></p> <ul style="list-style-type: none"> <li>• Crackers</li> <li>• Low Sodium Pretzels</li> <li>• Pita Chips</li> <li>• Popcorn</li> <li>• Low Fat Granola Bars</li> <li>• Baked Corn Tortilla Chips</li> <li>• Animal Crackers</li> <li>• Graham Crackers</li> </ul> 
<p><b>Snack tips:</b></p> <ul style="list-style-type: none"> <li>• Snack on fruit and vegetables whenever possible.</li> <li>• Select appropriate portion sizes.</li> <li>• For food safety select sealed and prepackaged snack items.</li> <li>• Combine protein and fiber for a satisfying snack.</li> </ul> 	<p><b>Drinks:</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Low Fat or Fat Free Milk</li> <li>• 100% Fruit/Vegetable Juice</li> </ul> 
<p><b>Dip Ideas:</b> Hummus, Salsa, Bean dip, Honey Mustard, Yogurt based dips</p>	