

# Healthy Snacks



**SCHOOL HEALTH INITIATIVE PROGRAM  
WILLIAMSBURG-JAMES CITY COUNTY PUBLIC SCHOOLS**

*Healthy Schools for a Healthy Community*

Balance, variety and moderation are the keys to healthy eating. A healthy snack includes **at least 2 food groups**—choose a balanced snack with variety by choosing foods or drinks from at least 2 food groups in portion sizes that remember moderation.

## 2 Food Group Snack Ideas

Cereal & non or low fat milk	Fruit smoothie
Fresh pepper slices & low fat cheese	Baked tortilla chips & salsa
Banana or apple & peanut butter	100% fruit juice & whole grain pretzels
Leftovers & a glass of milk	Applesauce & graham crackers
Carrots & hummus dip	Vanilla wafers or gingersnaps & peanut butter
Yogurt & a mini-muffin	Raisins & non or low fat milk
Cheese cubes & whole grain crackers	Cheese toast
String cheese & fresh or canned fruit	Hard boiled egg & reduced fat cheese crackers
1/2 a sandwich	1/4 cup of nuts & sliced kiwi
Yogurt & granola	Popcorn & low fat cheese
Pudding with banana slices	Lean turkey, cheese & tortilla roll up
Make your own mini bagel pizzas	Instant oatmeal & fried fruit
Fruit salad & yogurt or cottage cheese	Single serve soup & whole grain breadsticks
Trail Mix	Pita bread & hummus spread
Yogurt parfait	
Fruit & cheese kabobs	

**What is a snack sized portion? Read your Nutrition Facts label to check the calories you are choosing. 100-300 calories is a general snack guideline, depending on your age, size, activity level & meal pattern.**

**Buy your healthy veggie snacks at the store and come home and wash them and cut them and bag them—you will be more likely to snack on**

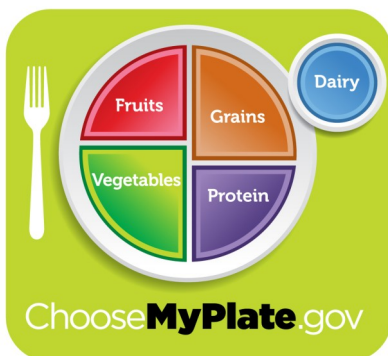
**It's okay to play with your food! Snack time can be fun when you let your child make kabobs, silly faces with food items, or help you in the kitchen.**

**Parents: Role model wellness and choose healthy snacks and drinks for yourself!**

**Looking at snack bars? Granola, and cereal bars should have some protein, some fiber, and less than 10g of sugar per serving to make the grade.**

**Water is always a great between meal pick me up. Sometimes when you are tired, or feel hungry, you are just thirsty.**

**Have a snack box in the pantry and fridge where you keep healthy snacks. Let kids choose but keep the choices healthy!**



**Visit [choosemyplate.gov](http://choosemyplate.gov), print out a Choose My Plate placemat, and write in healthy snacks for your family in each food group. Post it on the fridge so you are ready when hunger hits!**

Sources:  
Healthy Kids Challenge  
[www.nutritionexplorations.com](http://www.nutritionexplorations.com)  
[www.mealsmatter.org](http://www.mealsmatter.org)  
[www.chkd.org](http://www.chkd.org)  
Action For Healthy Kids