



HEALTHY SCHOOLS

Nutritious Food for the Classroom

A GUIDE FOR PARENTS

In planning for classroom snacks, parties, or school-wide events, you can help reinforce healthy food choices for your child by bringing nutritious food. Be sure to include at least one serving of fruits, vegetables, or juice if planning a large event.



Recommended Classroom Food

Often the foods we are used to bringing into school contribute only calories, sugar, and/or fat. They can also harm children's teeth. These foods, however, taste great and are good for children.

- Fresh vegetables and fresh fruit
- Celery and nonfat cream cheese, vegetable sticks with low-fat yogurt dip
- Dried fruit (for example, raisins, apricots, pears, prunes, dates, apples)
- 100% fruit juice or juice mixed with sparkling water, low-fat milk, bottled water
- Frozen 100% fruit bars
- Small bags of low-fat, low-sugar trail mix
- Low-fat granola with added dried fruit
- Unbuttered popcorn
- Yogurt with fresh fruit (for example, strawberries with low-fat vanilla yogurt)
- Low-fat banana, pumpkin, or zucchini bread
- Low-fat bran or fruit muffins
- Small bagels made with whole grain flour
- Vegetarian nonfat or low-fat pizza
- Quesadillas made with low-fat cheese
- Low-fat or baked chips
- Animal or graham crackers

The more children receive consistent messages about healthy food choices, the healthier their choices will be, at school and at home!