



South Hill Hawks Grades K-2

Healthy Snack Guide



South Hill Elementary School values a well-balanced healthy approach to snacks at school. Wholesome and nutritious foods are an important component of overall student wellness and success. Our goal is that snack food makes a positive contribution to our student's diet and health and that it takes no longer than 5 minutes for snack.

Guidelines for snacks: (all snacks provided need to be store bought and have the purchasing ingredient label on the packaging. bought and peanut/treenut free)

- Aim for 100% fruit and vegetables, whole grains, low-fat dairy or lean protein foods
- Keep snack portions small
- Water as the beverage choice
- Please do not send candy, cookies, high sugary treats, or homemade baked goods to the classroom
- For school events and celebrations – try fruit salad, mini muffins, mini bagels, popcorn or non-food items
- **Grades 3-5: individual snacks of fruit, vegetables, and cheese only. All snacks are peanut/tree nut free and store bought only.** **Please note fruits and vegetables can come from a home garden and do not need to come in the original packaging. Please be careful when prepping fruit and vegetable snacks to avoid cross contamination with peanut/tree nuts.

Check with your student's teacher about any food allergies in the classroom

Healthy, Simple Snack Ideas

Mix and match any food ideas below or create your own nutritious snack

- Any fruit (raw, sliced, diced, pureed, dried)
- Fruit cups (in 100% fruit juice), pouches or applesauce (choose no-sugar added products)
- Fruit leathers (many are like candy, look for "made from 100% real fruit" with no added sugar or artificial colors)
- Any vegetables (raw, diced, sliced, dried, in pouch) with dip (salsa, hummus, guacamole, bean or low-fat dressing)
- Yogurt or greek yogurt stick/pouch (**brands that have <26 grams of sugar per serving e.g. Chobani**)
- String cheese, cheese cubes or cottage cheese
- Whole grains: dry cereal and granola (**check ingredient list for "whole grains" and low sugar <9 gram per serving**)
- Whole grains: crackers, bread, mini pitas, tortillas, english muffins, mini bagels (check for "whole grains")
- Rice cakes
- Popcorn (natural flavor)
- Mini muffins (**brands that have <9 grams of sugar per serving**)
- Trail mix (low-sugar/whole grain cereal, popcorn, dried fruit)
- Soy butter or sun butter, low-fat cream cheese

- Hard boiled eggs
- Deli meat (low sodium and low fat)