



The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being. Healthy food choice options should be available to students at school functions (parties, celebrations, receptions, festivals, sporting events).

Recommended Healthy Snack Options

Raw vegetables

Fresh fruit and 100% fruit juices

Canned fruit

Frozen fruit juice pops

Dried fruits (raisins, banana chips, etc.)

Trail mix (dried fruit and nuts) and Party mix (cereals, nuts, pretzels, etc.)

Dry roasted peanuts, tree nuts, and soy nuts (not coconut or palm nuts)

Cheese, string cheese

Low-sodium crackers

Baked corn chips and fat-free potato chips with salsa and low-fat dips

Pretzels

Low-fat baked goods (muffins, granola bars, cereal bars, multi-grain bars, cookies, etc.)

Low-fat crackers (animal, graham, baked fish-shaped, etc.)

Unbuttered popcorn

Bagels

Angel food and sponge cakes

Flavored yogurt and fruit parfaits

Gelatins and low-fat pudding

Water (unflavored)

Low-fat and skim milk (flavored and unflavored)

Tea (unsweetened or diet)

Foods to Avoid (FMNV) or consume only occasionally

Carbonated, caffeinated, and high sugar beverages (soft drinks, sports drinks, etc.)

Water ices (with the exception of products that contain fruit or fruit juices)

Certain candies (hard candy, jellies and gums, fondant, licorice, spun candy, candy-coated popcorn, marshmallow candies)

Gum