

List of Acceptable Snacks/Foods for School Parties

Why the List???

School snacks must conform to the USDA guidelines, which include calorie limits, sugar caps, and nutrient requirements.

- Calorie Limits: All snacks, including extras like butter and cream cheese, must have no more than 200 calories per serving.
- Fat Ceilings: Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans fat content at 0.
- Sugar Caps: Only 35% (or less) of the weight in any snack food may come from sugar.
- Nutrient Requirements: In order to meet the USDA's guidelines, snacks must either be rich in whole grains, contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

Acceptable Snacks/Foods & Drinks

- A great thirst quencher is low-fat or nonfat plain or flavored milk, 100% juice, water, flavored/sparkling water (without added sugars or sweeteners) and sparkling fizz (seltzer and 100% fruit juice)
- Grapes, apples, tangerines, bananas and pears are the perfect portable fresh fruit treat.
- Kids always get a kick out of rabbit bags, which combine fresh fruit and vegetables in individual servings.
- Sliced vegetables or pita chips with bean dip, salsa or hummus are a fun and exciting snack!
- Popcorn trail bags are easy. Sweet and salty come together when you mix unflavored popcorn with Honey Nut Cheerios and a handful of raisins. Package each serving in a mini paper bag for personal deliveries.
- You can't go wrong with an assortment of sliced veggies and a flavorful low-fat dip or whole-grain crackers with cheese cubes, string cheese!
- For a pretty and engaging snack, try apple butterflies!
- Low-fat yogurt, squeezable yogurt, yogurt smoothies, yogurt parfaits or banana splits (yogurt and fruit topped with cereal, granola or crushed graham crackers) abide by the guidelines and are totally gorgeous.
- 100 calorie packs are great options for certain foods. Try low-fat, whole grain crackers and whole grain pretzels. Sweets, even in 100 calorie packs, often have more than 35% of their weight as just sugar, while fried foods, like potato chips, have way more fat than is allowed. To be under 35% calories from fat a food cannot have more than 35 calories of fat per 100 calories.
- Baked tortilla chips with 100 calorie packs of guacamole dip can be fun treats.
- Baked potato chips will meet the guidelines at 120 calories and 3 grams of fat.

- Baked whole grain pita chips are a handy option.
- Fill pita pockets with veggies and a little nonfat Italian dressing for a fun snack.
- Prepared veggie and fruit trays with low-fat dips are speedy, fuss-free options.
- Light, low-fat yogurt comes in cups and squeeze tubes. As long as it meets the sugar requirements, it is good to go.
- Whole grain cereals like shredded wheat, oatmeal "O's", and Chex are great snack options without added sugar.
- Brown rice cakes are great options. Kids can top them with nut butter and fruit.
- Boxed raisins and other dried fruits are great.
- Whole grain fig cookies like Fig Newtons will work.
- Fruit cups and individual fruit serving cans packed in juice are great packaged snacks, too.

**all homemade items must be approved by the classroom teacher

***check for food allergies

References:

<http://howardgardnerschool.com/wp-content/uploads/2018/10/HGMICS-Wellness-Policy-10-16-18.pdf>

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks>

<https://www.parents.com/kids/nutrition/healthy-snacks/smart-snacks-for-kids/>

<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>

<http://www.actionforhealthykids.org/game-on/find-challenges/cafeteria-challenges/1429-smart-snacks-standards>