

PS 29 Snack Suggestions

Ack! It's your turn to provide snack! **The Wellness Committee, made up of teachers and parents**, has developed some suggestions for parents in hopes of making this responsibility a bit easier for all involved.

Healthy SNACK ideas to refuel growing bodies and minds:

FRUITS

- Apple or pear slices - a little fresh lemon juice prevents browning
- Bananas - if you cut them into 2 or 3 sections RIGHT THROUGH THE PEEL, they stay yellow!
- Blueberries, Raspberries, Grapes, Strawberries
- Cantaloupe, watermelon, or other melon cubes
- Whole clementines or oranges cut into wedges
- Unsweetened Applesauce or Fruit Cups (no added sugar)
- Dried fruit: apples, apricots, mangoes, and raisins

VEGETABLES

- Baby carrots or sticks,
- Sliced cucumbers, bell peppers
- Edamame, snow peas or sugar snaps

WHOLE GRAINS AND DAIRY: (nut-free specific guide: <http://snacksafely.com/snacklist-20160915.pdf>)

- Crackers: Triscuits, Wheat Thins, TJ's Pita Bites, TJ's Multi Grain, baked tortilla chips
 - Whole grain mini muffins, bread, rolls, or mini bagels with cream cheese or butter
 - Pretzels: whole grain (Herr's Whole Grain, Newman's Own)
 - Popcorn: can pop it at home in paper bags in microwave!
 - Brown rice cakes (Lundberg) Cheese: string, sticks, cubed, sliced
 - Granola and cereal bars: look for whole grain, low added sugar (Annie's, TJ's, Made Good)
 - Hummus and vegetables or crackers, pita chips, sliced pita or flatbread
 - Seeds: roasted sunflower or pumpkin seeds are a good alternative, can be mixed with dried fruit
 - Nuts: if your child's class **is not** a "nut free classroom" then nuts are easy and energy packed!
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Sustainable PACKAGING for a healthier planet: To support PS 29 students in their ongoing effort to "Zap the Zip[loc]", and generally reduce the amount of snacktime waste, try some of the ideas below:

- Provide paper plates or paper napkins and large containers of food for portioning in class
- For classrooms that ask for pre-portioning, fill paper dixie cups, paper cupcake liners, or even paper napkins (in the corner fold), and pack in a baking pan or cardboard box
- Wax paper bags and compostable bags are sold in several local stores and on Amazon
- Toothpick or bamboo stick kabobs are fun and make minimal (and compostable) waste
- Fruits with peels provide their own package!