

# Schools are Stepping up to the Plate: Fueling Students with Smart Snacks

Children consume almost half of their daily food intake at school. Research shows students who eat well learn and behave better throughout the school day. Schools already know that healthy snacks boost performance during standardized testing days. The Smart Snacks in Schools Rule applies this knowledge to all snacks sold during the school day. The rule ensures all snacks available through vending machines, student stores, snack bars, and ala carte lines are healthy options. Schools can help students succeed by offering snacks from USDA's MyPlate.

## Ideas for Brain-Boosting Snacks:

**Dried Fruit**  
raisins, mango, cranberries, bananas

**Fruit Cups (fresh or canned)**  
berries, applesauce, peach, orange, pineapple

**Fresh Fruit**  
apple, pear, banana, kiwi, peach, orange, pineapple

**Fresh Fruit with Peanut Butter or Yogurt**

**Choose Whole Grain:**

Baked Chips and Tortilla Chips

Baked Crackers

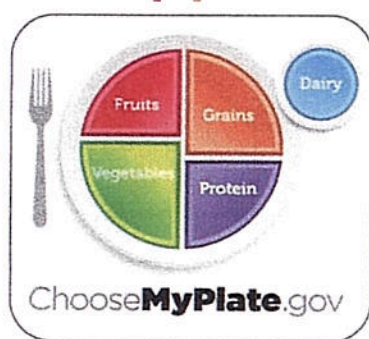
Granola Bars and Cereal Bars

Sandwiches

Wraps

Bagels

Popcorn



**Vegetable Wraps**

**Fresh Vegetables with Dip**  
hummus, low fat dressing, peanut butter

**Raw Vegetables**  
celery, carrots, broccoli, cherry tomatoes, snap peas, cucumber, peppers

**Grab and Go Salad**

Beef Jerky

Peanut Butter

Hard Boiled Eggs

Nuts and Seeds

Trail Mix

String cheese

Yogurt

Milk

**Remember:** A smart snack portion size is one that has <200 calories per serving and a healthy ala cart entrée item has <350 calories per serving.

Remember to choose lean and low fat protein and dairy!

Letter to Families

# HEALTHY SNACK IDEAS

healthy  
snacks  
help  
kids  
grow!

Dear Families,

As a part of our efforts towards supporting healthy, ready-to-learn students, we encourage students to bring healthy snacks to school. Healthy snacks help students maintain energy throughout the day and help ensure they are ready to focus and learn. We want your kids to be the healthiest they can be!

Here are some healthy snack ideas to fuel your kids:

- **Turkey or Ham Roll-Ups:** Sliced turkey or ham rolled up with cheese
- **Snack Kabobs:** Veggie or fruit chunks and cheese cubes skewered onto thin pretzel sticks
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple
- **Crackers with Nut Butter or Hummus**
- **String Cheese**
- **Veggies and Dip**
- **Trail Mix:** Whole grain cereal (e.g. Cheerios, Mini-Wheats, Wheat Chex) mixed with dried fruit (e.g. raisins, cranberries, apricots) and nuts
- **Baked Tortilla Chips with Hummus or Salsa and Guacamole**
- **Fresh Fruit:** Apples, cherries, grapes, bananas, pears, oranges...fruit is nature's portable, ready-to-eat snack!

Our efforts are supported by *Let's Go!*, a program of The Barbara Bush Children's Hospital at Maine Medical Center. *Let's Go!* works where children and families live, learn, work, and play to help make the healthy choice the easy choice. *Let's Go!* encourages families to adopt the 5-2-1-0 message:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time\*
- 1** hour or more of physical activity
- 0** sugary drinks, more water

\*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

For more information about *Let's Go!*, visit [www.letsgo.org](http://www.letsgo.org). Thank you for joining us in our commitment to healthy, ready-to-learn kids!



[www.letsgo.org](http://www.letsgo.org)

Sincerely,

A handwritten signature in black ink that reads "Justin Bennett".

A handwritten signature in black ink that reads "Gretchen Kulin" with "School Nurse" written below it.