



RECOMMENDED SNACK LIST

Dear Parents,

At Missoula County Public Schools we are committed to providing a school environment that promotes and protects children's health, well-being, and ability to learn. Our School Wellness Policy supports healthy eating and physical activity. Childhood obesity is a national concern and we can help our children by following this list of snack suggestions.

This list keeps in mind convenience as well as assumes children are bringing the snack in their back pack. Please remember **NO peanut/nut products.**

***Please note fruit snacks, fruit rolls, etc. are not included on the list as they are not considered a healthy snack.*

Except for birthdays, the following should serve as your guide:

- ***fresh fruit (apple, banana, orange, grapes, etc)**
- ***fresh veggies (carrots, cucumber, snap peas, etc)**
- ***individual fruit cups**
- ***100% fruit sticks/bars or raisins**
- * **dried fruits**
- ***pretzels or baked chips**
- ***graham crackers, plain animal crackers**
- ***baked crackers or goldfish crackers**
- ***granola bars (less than 4 grams of fat/bar) no peanut/nuts**
- ***trail mix (no nuts)**
- ***fig bars**
- ***popcorn (light or low-fat)**
- ***100% juice**
- ***yogurt or string cheese if kept cold**

Birthday parties at school are typically celebrated with cupcakes or cake. Please omit the peanuts/nuts in your recipe. Some store bought cakes/cupcakes are made with the same equipment that other treats containing nuts are made and this can be fatal for some children. Please read the label to make sure they are nut/peanut free.

A great opportunity to practice what kids are learning in the classroom would be to celebrate with healthier options like: angel food cake with strawberries, fudgesicles, veggie pizza, ice cream sandwiches or cups, pudding, rice crispy treats, yogurt parfaits, fruit kabobs, or fruit smoothies.

Thank you in advance for your cooperation in sending healthy snacks.



Healthy & Fun Food Ideas For Classroom Parties

School Parties are fun and can provide a chance to reinforce the message that nutritious food choices lead to healthier bodies and sharper minds. Our new School Wellness Policy supports healthy eating and physical activity. Planning ahead for parties can allow for more balanced food choices. Here is a sample to follow when planning. It works great to have one parent organize and call other parents to ask them to bring a specific item.

~**fresh fruit (grapes, oranges, apples, & strawberries, etc)**

~**fruit kabobs**

~**apples & caramel dip**

~**fruit smoothies**

~**yogurt parfaits**

~**veggies & ranch (light)**

~**cheese cubes & baked crackers**

~**turkey rolls with cream cheese**

~**chex mix (homemade with no nuts)**

~**popcorn**

~**finger sandwiches (no peanut butter)**

~**treats** (ice cream bars or cups, fudgesicles, pudding, rice crispy treats, cookies, angel food cake with strawberries, ice cream sundaes, etc.)

Please remember NO peanut/nut products (read labels carefully)