

The Busy Family's Guide to Healthy School Snacks

healthy snacks ideas on a budget

Suggestions for quick, easy, healthy and affordable snacks options, for the classroom or for home.

It's easy as 1...2...

1. SELECT an item from one group below
2. ADD an item from a different group

FRUITS/VEGETABLES

carrots, celery, cucumber, cherry tomatoes, bell pepper, mushrooms, broccoli, avocado, apples, bananas, oranges, pears, peaches, grapes, apricots, berries, plums, watermelon, pineapple, dried figs, dates, raisins, or other family favorites...

GRAINS

rice crackers, minibagels, english muffins, bread/biscuits, pita, pretzels, cheese crackers, sesame sticks, tortillas...

PROTEIN/DAIRY

dairy (cheese, plain yogurt, cream cheese)
eggs (hardboiled),
legumes (edamame, dried soynuts, hummus/chickpeas, dried peas, beans)
tofu, seeds...

Mixing different food groups combines nutrients, which creates longer lasting energy.

10 Sample Snack Combinations



Nutritious snacks don't have to break the bank...

sample 1: cheese sticks & cucumber slices, \$12
1 Frigo cheese variety pack, 24 count, 8.39
4 sliced cucumbers, 2.50

sample 2: raisins & minibagels, \$10
2 SunMaid miniraisin boxes (14), 2.59 each
3 Trader Joes minibagels (10 count), 1.69 each

sample 3: veggie tacos, \$9
3 bell peppers, sliced, \$2.00
2 pkgs tortillas, (to be microwaved in class), \$.70
1.5 lb. cheese sliced into 30 slices, \$6.00

sample 4: bananas & rice cakes, \$13
2 bunches to be cut in thirds, 2.00 each
3 Lundberg brown rice cakes (12 count), 2.79 each

sample 5: baby carrots & crackers, \$15
2 80 oz bags peeled baby carrots, 5.99 each
3 boxes AK-Mak crackers, 1.19 each

sample 6: cream cheese & pita triangles \$9
3 pkgs cream cheese, 1.99 each
2 pkgs whole wheat pita, cut in quarters, 1.29 each

sample 7: oranges & cheese crackers, \$16
1 box satsuma or mandarin oranges, 6.99
3 safeway "O" bite size cheese crackers, 2.99 each

sample 8: apples & pretzels, \$9
3 lbs (~10) apples, cut in thirds, \$1.49/lb
1 30oz bag Snyders pretzels, 4.99

sample 9: triscuits & edamame, \$12
2 pkgs frozen edamame, thawed, 2.99 each
3 boxes whole wheat triscuits, 1.79 each

sample 10: eggs & bell pepper slices \$10
3 dozen hard-boiled eggs 1.99 each
6 bell peppers, sliced 3.99

(taken from Safeway and Trader Joes, non-clubcard prices as of 4/07)

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sample price/availability list for 24-30 servings*

snack	store	brand	serving	svgs per pkg	#	price	total	NOTE
fruits/veggies								
	safeway	Safeway pink lady apples	1 fruit	3	10	\$1.49/lb	\$4.47	
	safeway	Safeway organic apples	1 fruit	10	3	\$3.99	\$11.97	organic
	safeway	tangerines	1 fruit	30	1	\$5.99	\$5.99	seasonal
	safeway	carrots, peeled baby, 80oz	handful	15	2	\$5.99	\$11.98	
	safeway	Raisins, SunMaid	1 box	6	5	\$2.99	\$14.95	
	safeway	Raisins, SunMaid mini	1 box	14	2	\$2.59	\$5.18	
	safeway	Raisins, Produce Stand, mini	1 box	14	2	\$2.29	\$4.58	
	safeway	Applesauce, Safeway unsweetened	1 cup	6	5	\$2.57	\$12.85	
	trader joes	Applesauce cups (organic)	1 cup	4	7	\$1.79	\$12.53	
pretzels								
	safeway	Safeway "O"	1 oz	8	4	\$1.89	\$7.56	organic
	safeway	Snyders	2 oz	15	2	\$2.59	\$4.59	
	trader joes	Pretzels	1 oz	16	2	\$2.99	\$4.99	
breads								
	safeway	Thomas Honey Wheat English Muffins	1/2 muffin	12	3	\$3.29	\$9.87	
	safeway	Thomas Whole Grain English muffins	1/2 muffin	12	3	\$3.39	\$10.17	
	safeway	Sara Lee mini bagels, cinnamon raisin swirl	bagel	13	3	\$3.49	\$10.47	
	trader joes	Trader Joes, minibagels	bagel	10	3	\$1.69	\$5.07	
crackers								
	safeway	Quaker multigrain cakes	1 cake	12	3	\$3.29	\$9.87	
	safeway	Lundberg brown rice cakes	1 cake	12	3	\$2.79	\$8.37	
	safeway	Quaker butter popped corn cakes	1 cake	12	3	\$3.29	\$9.87	
	safeway	Safeway butter popped corn cakes	1 cake	12	3	\$1.89	\$5.67	
	safeway	Safeway lightly salted popped corn cakes	1 cake	12	3	\$1.89	\$5.67	
	safeway	Wheat crackers (Triscuits)	1 oz	10	3	\$3.69	\$11.07	
	safeway	Safeway "O" bite size cheese crackers (cheezits)	1 oz	7	4	\$2.99	\$11.96	
	safeway	Goldfish	1 oz	10	3	\$3.59	\$10.77	
	trader joes	Whole wheat crackers (triscuits)	1 oz	9	3	\$1.99	\$5.97	
	trader joes	AK-Mak cracker bread	1 oz	10	3	\$1.19	\$3.57	
	trader joes	Sesame sticks	1 oz	16	2	\$1.69	\$3.38	
	trader joes	Rice Cakes	1 cake	12	3	\$0.99	\$2.97	
eggs								
	safeway	non free-range, x-large white	1	12	3	\$1.99	\$5.97	to be hardboiled
	safeway	free range, organic	1	12	3	\$3.27	\$9.81	to be hardboiled
	trader joes	non free-range, x-large white	1	12	3	\$1.79	\$5.37	to be hardboiled
	trader joes	assorted	1	12	3	\$2.99	\$8.97	to be hardboiled
jelly								
	safeway	Smuckers simply fruit	jar	30	1	\$3.50	\$3.50	
cheese								
	safeway	American singles	slice	24	1	\$5.19	\$5.19	
	safeway	Lucerne	slice	24	1	\$4.29	\$4.29	
	safeway	Precious mozzarella sticks	stick	12	2	\$5.79	\$11.58	
	safeway	Frigo cheese heads variety pack	stick	24	1	\$8.39	\$8.39	
	trader joes	string cheese	stick	12	2	\$2.99	\$5.98	
yogurt								
	safeway	Plain yogurt	12oz	6	4	\$3.19	\$12.96	
	trader joes	Plain yogurt	12oz	6	4	1.99	\$7.96	

(taken from Safeway and Trader Joes, non-clubcard prices as of 4/07)

* This list is not comprehensive. Brands are used for price comparison only and not meant for promotion.

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at home or at school... *fun snack ideas*

GRILLED CHEESE ANIMALS

I use a Easter Bunny cookie cutter and cut out two pieces of bread with it then a piece of cheese. I then make my kids Easter Bunny grilled cheese sandwiches. This works for any occasion you can find a cookie cutter for.

FROZEN FRUIT STIRRERS

String chunks of fruit, like strawberries, orange chunks, grapes, pineapple onto a cocktail straw and freeze them. At snack time put the straws in a glass of water for the children. The water is sweetened by the fruit and the fruit is their snack. Kids love it and they seem to drink more water this way.

BUTTERFLIES

Spread the cream cheese in the middle of the celery slices. Stick the twisted pretzels in the cream cheese to make the wings. Stick the pretzel sticks in the front of the celery make antenna. My kindergartners loved flying their "butterflies" around before landing them in their mouths!

GOING FISHING

Need Pretzel Rods, Goldfish, Peanut Butter

During our under the sea theme our kids made the usual fish, magnet and paper clip game. We extended this to snack by giving each child a pretzel rod, paper plate with a dab of peanut butter and handful of goldfish crackers. Have the children dip the rod in the bait (peanut butter) and fish for goldfish. When all the fish are gone, eat the rod and bait.

from: <http://www.perpetualpreschool.com/generalsnacks.html>

FROZEN BAN-OLA

1 medium sized banana – peeled, 1/2 cup crushed granola, plain yogurt

Dip banana in your choice of yogurt, Roll banana in crushed granola. Place in freezer bag and freeze. May be eaten without being frozen also!

HOMEMADE FRUIT JIGGLERS

2 cups fruit juice of your choice (100% Natural Fruit Juice Only!), 3 tsp powdered gelatin, 1/4 cup small cubed fruit of your choice. Place 1/4 cup of the juice in a cup; sprinkle gelatin over juice. Stand cup in a small pan of simmering water, stir until gelatin is dissolved. Stir gelatin mixture and fruits into remaining juice in a medium bowl or square/rectangular pan. Refrigerate until firm. Scoop into a cup or cut into shapes to serve. Let your Toddler help with the cutting of the shapes! Break out the cookie cutters and make this a Toddler activity!

from: <http://www.wholesometoddlerfood.com/snack.htm>

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a quick glance at reading labels... HIDDEN SUGARS

Keep in mind, the sugars listed on the Nutrition Facts label include naturally occurring sugars (like those in fruit and milk) as well as those added to a food or drink. Check the ingredient list for specifics on added sugars.

From the USDA Center for Food Safety and Applied Nutrition (<http://www.cfsan.fda.gov/~dms/foodlab.html>)

Take a look at the Nutrition Facts label for the two yogurt examples. The plain yogurt on the left has 10g of sugars, while the fruit yogurt on the right has 44g of sugars in one serving.

Now look below at the ingredient lists for the two yogurts. Ingredients are listed in descending order of weight (from most to least). Note that no added sugars or sweeteners are in the list of ingredients for the plain yogurt, yet 10g of sugars were listed on the Nutrition Facts label. This is because there are no added sugars in plain yogurt, only naturally occurring sugars (lactose in the milk).

Plain Yogurt Nutrition Facts		Fruit Yogurt Nutrition Facts	
Serving Size 1 container (226g)		Serving Size 1 container (227g)	
Amount Per Serving		Amount Per Serving	
Calories 110 Calories from Fat 0		Calories 240 Calories from Fat 25	
% Daily Value*		% Daily Value*	
Total Fat 0g	0%	Total Fat 3g	4%
Saturated Fat 0g	0%	Saturated Fat 1.5g	9%
Trans Fat 0g		Trans Fat 0g	
Cholesterol Less than 5mg	1%	Cholesterol 15mg	5%
Sodium 160mg	7%	Sodium 140mg	6%
Total Carbohydrate 15g	5%	Total Carbohydrate 46g	15%
Dietary Fiber 0g	0%	Dietary Fiber Less than 1g	3%
Sugars 10g		Sugars 44g	
Protein 13g		Protein 9g	
Vitamin A 0%	Vitamin C 4%	Vitamin A 2%	Vitamin C 4%
Calcium 45%	Iron 0%	Calcium 35%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

If you are concerned about your intake of sugars, make sure that added sugars are not listed as one of the first few ingredients. Other names for added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

Plain Yogurt - contains no added sugars

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.

Fruit Yogurt - contains added sugars

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN. CONTAINS ACTIVE YOGURT AND L. ACIDOPHILUS CULTURES.

PRODUCT INFO

CAPRI SUN JUICE DRINK FRUIT PUNCH 10 POUCHES



Ingredients: WATER, HIGH FRUCTOSE CORN SYRUP, PEAR AND GRAPE JUICE CONCENTRATES, CITRIC ACID, WATER EXTRACTED ORANGE AND PINEAPPLE JUICE CONCENTRATES, ASCORBIC ACID (VITAMIN C), VITAMIN E ACETATE, NATURAL FLAVOR.

Size: 67.5 fl oz
Upc: 8768400974

printer-friendly

Find this product near you.

Zip Code:

Nutrition Facts

Serving Size 7oz
Servings per Container about 10

Amount Per Serving

Calories 90 Calories from Fat

% Daily Value*

Total Fat 0g 0%

Sodium 15mg 1%

Total Carbohydrate 24g 8%

Sugars 24g

Protein 0g

Vitamin C 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholest Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carb 300g 375g

Fiber 25g 30g

CORN SYRUP ALERT

This product contains more corn syrup than fruit juice.

Many researchers believe that high fructose corn syrup may interfere with your metabolism and increase fat storage on the body. Corn syrup is a sugar frequently found as a top ingredient in many of these seemingly healthy snacks

- Yogurt Squeezes
- Fruit Chews
- Juice-drinks
- Snack/granola bars