



BrainFood Healthy Classroom Party Snacks

Support and Promote our School Wellness Policy

Classroom parties are just around the corner. A healthy snack doesn't have to be an enormous fresh fruit tray; there are plenty of healthy snack options you can send in to the classroom that are quick-to-fix and budget-friendly. Keep snack portions small. Snacks should be healthy and curb kids' hunger but should not be a meal. A healthy snack may include one or two food from the following www.myplate.gov food groups: meat or protein foods, fruits, vegetables, grains and milk or low-fat dairy foods. **Note:** If you are providing a snack for a classroom party, be sure to find out if other parents or adults are supplying additional healthy snacks as well. That way kids won't have too much or waste food. Always check for allergies.

1. Tropical Fruit Yogurt Parfaits. Yogurt cost a lot less when you buy it in a large container. You will need two 32 ounce containers of vanilla or flavored low-fat yogurt, two cans of pineapple chunks, packed in their own juice drained, and one box of whole grain cereal. Let kids make their own by layering ingredients into small cups.
2. Apple Cider and Graham Crackers. A sweet fall favorite. Purchase two gallons of fresh pasteurized apple cider and one box of cinnamon or plain graham crackers. Serve each child one whole cracker and a 6 ounce cup of cider.
3. Pita Wedges and Marinara Sauce. Kids love anything that taste like pizza. Purchase two bags of whole wheat pita bread and cut the pitas into small triangles. Give each child a few wedges of pita and serve with a tablespoon or two of low-sodium marinara sauce.
4. Chips and Salsa. Most kids can't resist dipping. Buy two bags of baked tortilla chips and a few different kinds of salsa such as mild, pineapple or black bean. Let kids taste and rate the different salsas.
5. Cookies and Milk. Two packages of Whole Grain Fig Newton cookies and one gallon of fat-free milk.
6. Eggs and Cukes. A high-protein snack that will fuel kids for school or play. One hard-cooked egg per child and a handful of sliced cucumber rounds. Peel eggs and keep them cool.

7. Mini-Veggie Crisps. Crunchy whole grain goodness. Spread vegetable cream cheese on two mini whole grain rice cakes. Sprinkle with finely diced green veggies.
8. Blueberry Pudding Cups. Creamy pudding and cold fruit- yum! Each child gets one individual low-fat vanilla pudding cup and a few tablespoons of blueberries to stir into the pudding after the first few bites.
9. Pretzels and Hummus. Simple and quick. Two bags of whole grain pretzel twists and one large tub of hummus.
10. Strawberry Pancake Sandwiches. A freeze-ahead surprising twist on a breakfast favorite. Spread a thin layer of low-fat strawberry cream cheese onto a defrosted whole grain pancake. Top with fresh strawberry slices, then another pancake. Cut into three wedges and freeze. Each child gets one wedge.
11. Squeezable yogurt, yogurt to go or yogurt tubes. Just one flavor or mix and match. Freeze first.
12. Popcorn Four Ways. Pop light popcorn in the microwave. Top with one of the following: a sprinkle of parmesan cheese, some nutritional yeast, cinnamon and sugar, or a little taco seasoning. Serve with a small cup of 100% juice.
13. Basic Cheese and Crackers. Cheese and crackers never get old. Each child gets one low-fat mozzarella stick and four whole grain crackers.
14. Kiwi Fruit. Each child gets one plastic spoon and one kiwi fruit cut in half horizontally. Kids use the spoon and scope out the fruit.
15. Cereal and milk. Packed with vitamins and minerals cereal is not just for breakfast. Buy two boxes of whole grain cereal and a gallon of 1% milk. Let kids mix and match their favorites.
16. Take-a-long Snack Mix. Mix and match your favorites and by ingredients on sale. One large bag of microwave popcorn, one box or bag of whole grain cereal, one bag mini pretzel twists and one large box of raisins. Put all in a large bowl and mix well. Scoop out onto napkins or plates or into plastic bags.
17. Clementines and Chocolate Milk. Packed with vitamin C, clementines are sweet and super easy to peel. Each child gets one clementine and on 4 oz glass of chocolate milk.
18. Cheese, Tomato and Olive Kabobs. Kids love food on a stick. Gather 1 ½ pound low-fat mozzarella cheese cut into small cubes, two pints cherry tomatoes, and one can black olives and small toothpicks. Skewer everything on toothpicks and serve.
19. Carrots and Dip. Bug an extra-large bag of mini carrots, a jar of salsa, and a container of hummus or peanut butter for dipping.
20. Whole Bananas. Bananas are the perfect portable fruit. Each child gets one small or ½ large banana.