Healthy Classroom Snack List

Bridges Charter School's Healthy Classroom Snack List was developed to help parents and school staff select healthy and nut-free snack options when bringing in snacks for the entire class for events such as birthdays, holidays, rewards, etc. We take great care in making sure all students feel welcomed and safe within the classroom. Certain foods may trigger life threatening allergic reactions.

Nutrition Guidelines for Healthy Snacks

In order to qualify as a healthy snack, the snack should…

- Contain 200 calories or less per serving
- Include less than 2 grams of saturated fat
- Include zero (0) grams of trans fat
- Contain less than 200mg of sodium per serving
- Include zero (0) grams of added sugars
- Have a whole grain, fruit, or vegetable listed first in the ingredient list

Nutrition Facts

Servings per container
Serving size

Amount per serving
Calories ≤ 200

	% Daily Value*
Total Fat ≤ 12 g	≤ 35% of total calories
Saturated Fat 0g	< 10% of total calories
Trans Fat 0g	
Sodium ≤ 200mg	≤ 13%
Carbohydrates	≤ 35% of total calories
Dietary Fiber ≥ 3g	
Added Sugars 0g	

INGREDIENTS: whole wheat grains, strawberries, kale

Snack Preparation Recommendations

Snacks should be...

- Appealing and taste good to kids
- Cleaned and cut ahead of time for easy serving (fruits and vegetables)
- Put in snack baggies for easy serving

Other tips

- To keep apple and pear slices from turning brown, sprinkle them with lemon juice.
- Send necessary utensils, plates, and/or napkins, with your student if needed

Food Allergy Guidelines

- Ask your teacher or program instructor about students with allergies in your child's classroom or program before bringing in snacks for the entire classroom or group.
- Check ingredient statements and nutrition labels on food products to ensure the products are free of offending allergens.
- Snacks containing peanuts, nuts, or seeds are not allowed.

Suggestions for Healthy Classroom Snack Options

- Water
- Sparkling/carbonated water, no sugar
- Fat-free or low-fat milk
- Fruit smoothies (frozen fruit with yogurt)
- Fresh fruit (trays, salads, or kabobs)
- Fresh vegetables (trays, salads, or kabobs)
- Fat-free or low-fat yogurt (alone or as dips)
- Canned fruit or fruit cups in water or 100% fruit juice
- Dried fruit with no added sugar
- Whole grain crackers
- Rice cakes
- Pretzels
- Low-fat cheese (slices or sticks)
- Small whole grain waffles with fruit on top
- Low-fat or air popped popcorn without butter or salt
- Graham crackers
- Jelly (from 100% fruit) sandwiches on whole wheat bread
- Whole grain bagels or English muffins with cream cheese
- Fat-free or low-fat pudding
- Whole grain cereal bars
- Baked whole grain tortilla chips and salsa
- Baked chips (small portions)

Ideas for Non-Food Celebrations & Rewards

We know that birthdays and other celebrations are important to every child and that kids like to celebrate with their classmates. Below are some suggestions for non-food celebrations and rewards. Check with your child's teacher first to make sure the birthday plans fit into their schedule.

- Buy/donate something for the classroom (books, board games, music, art supplies, playground equipment, plants or flowers, etc.).
- Connect with your child's teacher to learn about other non-food celebrations or rewards that promote wellness. Some ideas might include extra physical activity time and free choice time.
    - Bring party favors in for each classmate (bouncy balls, erasers, stickers, decorative pencils, bracelets, notepads, whistles, bubbles, washable tattoos, chalk, etc.).