

## Healthy Snack Ideas for Celebrations

Acceptable snack food ideas with specific USDA Smart Snack compliant products\*

### Fruit

- Fresh whole (Cuties, oranges or bananas) or deli-sliced fruit
- Dried fruit
  - Stretch Island Fruit Strips
  - Member's Mark Freeze-dried Sliced Fruit
  - Bulk bags of dried fruit such as apricots
- Frozen fruit (bagged frozen fruit thawed for use in yogurt parfaits, ex. strawberries)
- Unsweetened canned fruit
  - Member's Mark Unsweetened Applesauce
  - Member's Mark organic Peach Cups
  - Member's Mark Mandarin Oranges
  - Del Monte Cherry Mixed Fruit Bowls with 100% fruit juice
  - GoGo Squeeze Applesauce on the Go
  - Shine Organics on the Go

### Grains

- Popcorn, unpopped for popcorn machines
- Low-fat breakfast or granola bars
  - Cascadian Farms choc chip
  - Nature Valley Chucky Oat and Honey
  - Nature Valley Fruit and Nut Trail Mix
  - Nutrigrain Bakery Delights
  - Fiber One, Oats and Chocolate
  - Kellogg's Nutri-Grain Soft-baked (apple, blueberry, strawberry)
- Chips and Crackers
  - Lunchbox Mix
  - Skinny Pop Mini-cakes, sharp cheddar
  - 100% Whole Grain Wheat Thins
  - Crunchmaster Multi-Grain Crackers
- Granola
  - Go Lean (¾ cup per servin)

### Vegetables

- Raw vegetables (like baby carrots, sugar snap peas, sliced bell peppers, etc., prewashed/bagged or deli-cut)

\* Brands were observed at the Bloomington Sam's Club in August 2017.

\*\* This number denotes servings per package. To assure compliance, use the serving size on package.

\*\*\*This is not an exhaustive list and nutrient content of products can change. Inclusion on this list does not serve as an endorsement by the Bloomington Health Department.

## Low-Fat and Fat-Free Dairy

- String cheese
  - Sargento Low-Moisture Part-Skim Mozzarella String Cheese
  - Frigo string cheese
- Yogurt
  - Chobani 0% Milkfat Greek Yogurt with Fruit on Bottom
  - GoGo squeeze Yogurtz
  - Stonyfield YoKids Squeezes
  - Danimals Smoothies
  - Aactiva
- Healthy Choice Premium Bars (frozen)
- OutShine Fruit Bars (not coconut)

## Proteins

- Hard-boiled eggs
- Planters Peanuts
- Bulk nuts (serving size ~1/4 cup)

## Drinks

- Water
- 1% low-fat or fat-free milk
- 100% fruit juice (e.g. Apple and Eve 100% juice or Honest Kids)

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Other brand-name products may fit the Smart Snack guidelines.\*\*\* Use Smart Snack guidelines below.

**Nutrition Guidelines** - Products should be evaluated based on the serving size on the nutrition label.

**Product MUST have:**

- **A whole grain, fruit, vegetable, dairy product, OR protein food as the first ingredient**

**All items must meet the standards below for calories, fat, sugar and sodium.**

**Calories:** 200 or less

**Trans Fat:** Label reads 0 g

**Total Fat:** Less than 35% of calories

**Added Sugar:** Less than 35% of item weight

**Saturated Fat:** Less than 10% of calories

**Sodium:** 200 mg or less per serving

### Safety First

Allergies - Avoid snacks that might be harmful to those with allergies! Check with classroom teachers on foods to avoid.

Food Safety - Keep in mind that food safety rules must be followed in bringing food into the classroom to share with children. Products must be store bought/prepared. Homemade products are not allowed. Cut fruit or vegetable trays must be purchased from a grocery store, not prepared at home. When planning for a classroom food activity, all products used for the activity must be store bought. For example, making yogurt parfaits would necessitate buying bulk yogurt, frozen bagged fruit/or deli-prepared fruit, store bought granola and disposable utensils to serve the ingredients.

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