

## USD 432 Schools Snack Food Guidelines

USD 432 is committed to healthy snack choices in our schools. Healthy snack choices are an important part of creating a healthy school environment. Snacks are important for providing children with nutrients to support growth and learning.

Snacks served during the school day or in after-school CARE should make a positive contribution to children's diets and health, with an emphasis on serving fruits, vegetables, low-fat and whole grains as the primary snacks. Schools will assess if and when to offer snacks based on the timing of school meals, children's nutritional needs, children's ages, and other considerations. The district will disseminate a list of healthful snack items to teachers, afterschool program personnel, and parents. A Healthy Snack List will be shared at enrollment and will be posted on our website. Prepackaged healthy snack items are preferred.

Due to a variety of food allergies, VES is considered to be peanut/tree nut free, so please do not send food items that may contain these known food allergens. The school cannot be responsible for food brought to the school by other students and/or parents.

### Healthy Snack Possibilities

- • Any Fresh fruit or vegetable (apple slices, carrot and celery sticks)
- • 100% Fruit or vegetable juice
- • Canned or packaged fruit products packed in juice
- • Raisins or Dried Fruit such as bananas, apples, peaches, apricots, plums
- • Animal Crackers, plain popcorn
- • Low or nonfat milk
- • Low or nonfat yogurt
- • Frozen yogurt tubes
- • Low-fat pudding
- • Low fat cheeses
- • Whole grain crackers, cereal bars
- • Whole grain tortilla chips with salsa or guacamole
- • Fruit Kabobs
- • Angel food cake topped with fresh fruit
- • Applesauce or other fruit cups
- • Raw veggies served with low-fat dip
- • Berries with low-fat whipped topping
- • Bananas or Strawberries with a low-fat yogurt dip
- • Graham crackers