

SNACK HEALTHY

Healthy snacks are a part of our wellness program that is in effect here at Valley Stream School District Twenty-four. Lately, the teachers have noticed their students are bringing in some unhealthy snacks. Since this is happening more frequently, here are some ideas for healthy snacks that are not only good but easy to put together for your children. They can also be fun to eat.

Fruits and Vegetables:

Apples (cut up or whole)
Applesauce
Bananas
Melon (cut up into small pieces)
Grapes
Orange slices
Strawberries
Canned Fruit



Carrot Sticks or Baby Carrots

Celery Sticks

Cucumber

String Beans

Peppers

Tomatoes

Ants on a Log - Celery stuffed with Raisins and Peanut Butter



Healthy Grains:

Breakfast Cereal
Rice Cakes
Granola Bars



Cereal Bars

Pretzels

Breadsticks



Dairy Foods:

Yogurt/Gogurts
Puddings (low fat/fat free)

Cheese (low fat)

Other Snack Ideas:

Dried Fruit s

Nuts (**check with teacher re: Allergies in the classroom**)

Mini Luncheon meat Sandwiches (cut into different shapes)

Trail Mix

Healthy Beverages:

Water

Low Fat Milk

Fruit Drinks (Try to get the 100% fruit drinks)



Healthy snacks are important to children by providing good nutrition and also encouraging better lifelong eating habits. Healthy snacks not only help allow the children get the necessary vitamins and minerals, they also help counteract childhood obesity, which is on the rise throughout the country.

Please try to help our students stay healthy by adhering to our Wellness Policy. It is important for everyone.

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