

Robin Norgren, M.A.



Snack Ideas

A Montessori Inspired Idea

Over 100 snack ideas for you to list on your snack calendars for your Montessori classroom OR give ideas to parents for community/group snacks to bring for birthdays OR to use as a handout to parents who want to put variety in the lunchbox

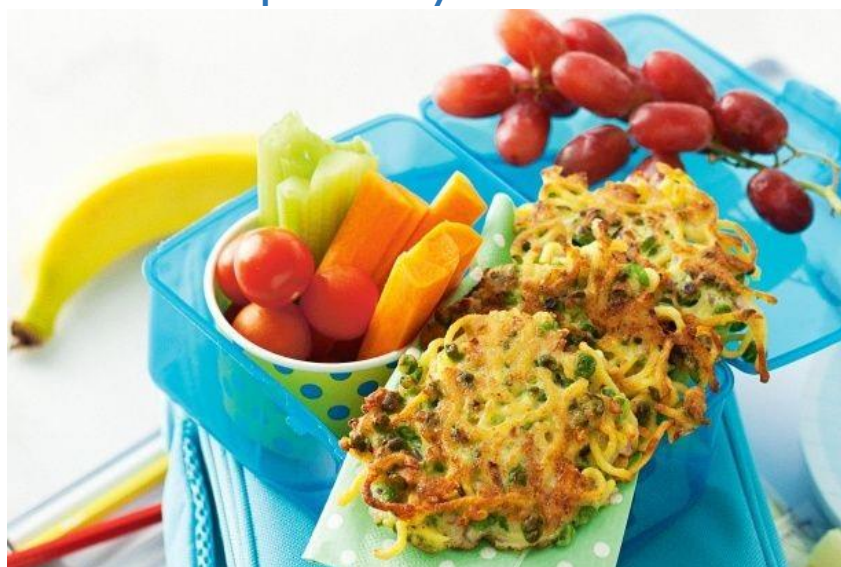


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Option #1: CUT AND PASTE THESE ITEMS INTO YOUR SNACK CALENDAR- CHOOSE RANDOMLY TO BRING VARIETY

1. Apple slices with sunflower butter
2. Fruit cups: Look for mandarin oranges, pineapple, and pears packed in juice
3. Cups of unsweetened applesauce
4. Plain yogurt portioned into cups (top with fresh fruit and maple syrup if desired)
5. Sliced or chopped veggies such as carrot sticks, cucumbers, and peppers
6. Whole grain crackers and cheese
7. Whole grain cereal
8. Edamame
9. Whole wheat pita triangles with hummus
10. Cottage cheese with cut fruit
11. Fresh baked whole-grain mini muffins
12. Pinwheel sandwich wraps: Place a slice of deli meat and cheese on a whole grain tortilla, roll up, and slice.
13. Trail mix made with whole grain cereal pieces, dried fruit, and whole grain pretzels
14. Mashed avocado and whole grain crackers
15. Air-popped popcorn
16. Ants on a Log: Stuff spreadable cheese or sunflower butter inside celery sticks and dot with raisins or dried cranberries.
17. Green Smoothies: Blend spinach, bananas, pineapple, and water.
18. Salsa and toasted whole grain pitas
19. Fruit salad: Fill ice cream cones or paper cups with a mix of berries and cut fruit.
20. Bananas: Write each kids' name on it with a marker for fun.
21. Pickles
22. Olives

OPTION 2: PICK ONE FROM EACH GROUP AND CUT AND PASTE INTO YOUR SNACK CALENDAR

You can also get super creative by picking a fruit/vegetable and then simply have the parents add a cracker/salty snack of their choosing.

Fresh Fruits (or dried or even canned!)*

- Apples (it can be helpful to use an apple corer)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes (cut into thin slices for kids younger than 4)
- Honeydew Melon
- Kiwis (cut in half and have your child eat it with a spoon)
- Mandarin oranges
- Mangoes
- Nectarines
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

*Canned fruits and vegetables (look for “in it's own juice” or “in water”)

Fresh Veggies

Vegetables can be served raw with dip or salad dressing. Try low-fat salad dressings, store-bought light dips, bean dips, guacamole, hummus (which comes in dozens of flavors), salsa, or peanut butter.

- Broccoli
- Carrot sticks or baby carrots
- Cauliflower
- Celery sticks
- Cucumber
- Peppers (green, red, or yellow)
- Snap peas
- Snow peas
- String beans
- Tomato slices or grape or cherry tomatoes
- Yellow summer squash slices
- Zucchini slices

Option 3: SOME UNCONVENTIONAL SNACK IDEAS

You can have your parents bring in the ingredients and children can assemble the snack in class.

Apple Twist

Unsweetened applesauce, fruit cups, and canned fruit have a long shelf life and are low-cost, easy, and healthy if canned in juice or light syrup. Examples of unsweetened applesauce include Mott's Natural Style and Mott's Healthy Harvest line. Dole and Del Monte offer a variety of single-serve fruit bowls.

To spice up your kid's snack, make these classics a little, well, cooler. Freeze small containers of unsweetened applesauce overnight for a slushy treat – and a serving of fruit. Or do the same with low-fat yogurt.

Sweet & Crunchy

What's better than veggies with dip? Veggies with fruit! Our fave combo: 12 purple grapes (slice for kids under age 4) and 6 sugar snap peas in a mini sealed bag.

Ladybugs on a Log

If your school's nut-free policy squashes traditional ants on a log, fill 3" to 4" long celery sticks with about 2 Tbs. Laughing Cow light cheese spread and dot with dried cranberries.

Fruity Franks

This snack is so clever that your kid's friends will tell their moms about it: Spread the inside of a whole-wheat hot dog bun with 1 1/2 tablespoons of sunflower butter (it's typically safe for nut-free schools; check the label to be sure). Place a peeled banana inside and slice down the middle.

Blue Bagels

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals, and other refined grains that are high in sugars or fat. Save these for occasional treats. Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. In addition, try to keep the added sugars to less than 35% by weight, and the saturated and trans fat low (basically 1g or less per serving).

Here's one healthy snack for school: Smash 1/2 cup fresh blueberries into 1 cup reduced-fat cream cheese, or puree frozen ones in the blender and mix in. Spread 2 Tbs. cheese on mini whole-wheat bagels (Pepperidge Farm and Sara Lee make them).

Cup Holders

Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries.

Popcorn Pouches

For a healthy treat, look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, such as by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, cinnamon, or other non-salt spices. Consider mixing in a little dried fruit as well. Since popcorn is a choking hazard, don't serve it to children younger than 4.

In Shape

Fill round whole-grain pitas with hummus and shredded carrot – a yummy combo. Slice into quarters for easy handling.

DIY Parfait

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. Look for yogurt brands that are low-fat or fat-free, moderate in sugars (no more than about 30g of sugars in a 6-oz. cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-oz. cup). Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola as a healthy snack for school.

Finger Foods

Whole grain crackers like Triscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Kalwi Rye crackers, or whole wheat Matzos can be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced-sodium luncheon meat.

Dessert Downsized

Does your child have a sweet tooth? For a healthy school snack for kids, make mini banana, blueberry, bran, or carrot muffins from your favorite recipe, or search parents.com/food for some inspiration.

Option #4: CREATE VARIETY BY CATEGORY- SALTY/SWEET, DAIRY/PRODUCE

Salty

- Cheetos
- Roasted Chickpeas
- Skinny Pop Popcorn
- Crackers (Wheat Thins, plain Triscuits, Goldfish)
- Pretzels (Newman's Own, Rold Gold, Pepperidge Farm Pretzel Goldfish)
- Rice cakes
- Goldfish/Cheddar bunnies
- Potato chips (popchips, Baked Lay's, Cape Cod, Pringles, Ruffles, Kettle Brand)
- Late July Organic Tortilla Chips
- Pirate's Booty

Dairy

- Yogurt tube
- Pudding cup
- Yogurt pouch
- Cheese (stick, cube, round, slice)
- Yogurt cup (*read the label and be aware of yogurts that also contain watch out for granola or cookies)

Sweet

- Graham cracker
- Teddy grahams
- Fig Newtons

Produce

- Fresh fruits (apples, oranges, banana, grapes, watermelon, cantaloupe, pear, kiwi, blueberries, etc.)
- Fresh vegetables (carrots, celery, broccoli florets, bell pepper strips, cherry tomatoes)
- Applesauce cup or pouch
- Mandarin orange fruit cup
- Raisins
- Dried Fruit

DISCLAIMER: When choosing healthy nut-free snacks for your child's school snack or after-school activity, it is always important to check the label before purchasing as brands continuously change their manufacturing process. Because [US labeling regulation](#)s are weak and often flawed brands are not required to share “potential or unintentional presence of major food allergens in foods resulting from ‘cross-contact’ situations during manufacturing,” according to FALPAC’s labeling requirements. It is important to contact the brand when in question.

Does It Make the Healthy School Snacks List?

The best way to determine if foods are allergy-free snacks is to read the label since most brands have a warning statement or allergen list. Be aware of phrases like this:

“May Contain Peanut or Tree Nuts”

“Processed on shared equipment with Peanuts or Tree Nuts”

“Manufactured in a plant with Peanut or Tree Nuts”

“Contains Peanut or Tree Nut Ingredients”

You may even notice that some brands get very specific and list the type of tree nut. For example: **“May Contain Almonds”**.

Peanut Butter-Free and Nut Butter-Free Spreads and Dips

- [*Sunbutter Sunflower Seed Spread](#)
- [*Don't Go Nuts Soy Butter](#)
- [*Wowbutter](#)
- Plain hummus (read the label)
- Guacamole

*Sub any of these peanut and nut-free spreads in place of peanut butter in a recipe.

Robin Norgren's Bio



Robin Norgren, M.A. is an Art Teacher living in Apache Junction, Arizona. She owns Josey's Art School, a company that teaches art in afterschool programs, community centers and birthday events in Arizona, Georgia, California and Virginia. She is a certified Montessori Primary Teacher. She is on track to become certified to teach Art in K-6th grade public/charter schools in Arizona in 2018. She received her life coaching certification through Southwest Institute of Healing Arts and received a B.S. in Management from Arizona State University and a M.A. in Theology from Fuller Theological Seminary.

Josey's Art School offers many types of creativity programs for kids and adults. We bring all equipment and supplies to you.

Our Options include:

Art Masterpiece Program - This program is organized in a similar fashion as Art Museum kid's classes where we offer a brief art history lesson and then create an art project focused on the artist we explore. These lessons have been taught in both Arizona and Virginia schools.

The Art and Literacy Project - This program introduces kids to fun stories and then invites them to explore the images or concepts within the book through an arts and crafts project. This one is our most popular programs having been utilized as curriculum at two Montessori schools in Arizona.

Art Experiences: Mixed media Projects - This program offers a unique way of teaching art technique to children. We work with all types of paint, watercolors, scrapbook paper and random items we use in our day to day lives. This program is created by a Montessori trained teacher who recognizes and honors the various age groups in the classroom and modifies/amplifies the lesson based on skill level.

I Like Me: Confidence Building Art - These projects are geared towards establishing art as a means to work through stress and anxiety and develop self esteem.

We also create Summer Camps, Workshops and Birthday party experiences

I truly believe that art is a vital component in our lives, promoting peace joy and a sense of connectedness to ourselves and with each other. My work builds a foundation that helps children develop coping skills for stress and anxiety which they will draw from time and again throughout their lifetimes. We offer opportunities for adults to play as well.

Our mission is to ignite creativity in children and adults.

You can find our videos on Youtube under
“WELL OF CREATIONS”



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