

Healthy School Team Snack Recommendations

At APES, your child's health and wellness are important. It can be confusing and complicated to find snack foods appropriate for the classroom. The HST (Healthy School Team) has compiled the following list of snacks that meet Snack Standards issued by the USDA and followed by OCPS.

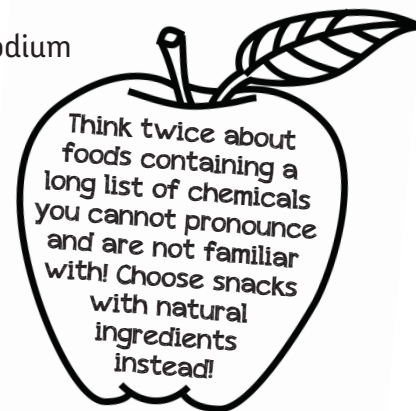
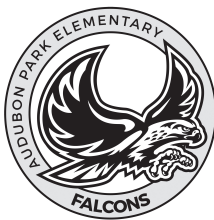
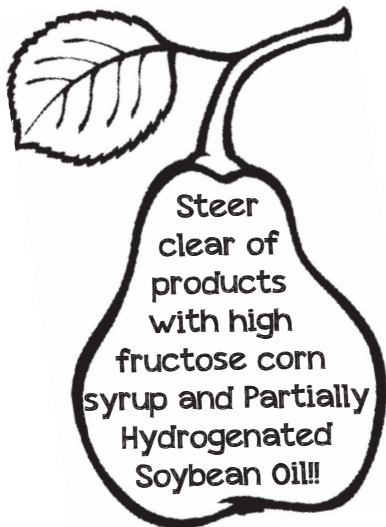
These are all Mom/HST member approved. Many are sold in bulk at Costco or other cost-saving stores.

- Fiber One Bars (excluding the Protein bars)
- Sensible Portions Veggie Straws
- Natural Value Fruit Leathers (no sugar added)
- Belvita Whole Grain biscuits
- Stretch Island Fruit Leathers (no added sugar)
- Nature Valley Chewy Trail Mix Bars
- Simply Balanced Fruit Pouches (sold at Target)
- Terra or other brand sweet potato chips
- Mott's Natural Style and Healthy Harvest applesauce (no added sugar)
- SunMaid or store-brand raisins
- Kashi Cereal Bars
- Nature Valley Crunchy Granola Bars
- Pirate Booty
- Snyder's Multi-grain or whole wheat pretzels
- Kashi oatmeal raisin cookies with flax
- Triscuits and other whole grain crackers
- Whole Grain Goldfish Crackers
- Dried fruit and vegetables with no added sugar

Other Snacks

To help you determine if a snack not on this list meets standards, refer to these OCPS nutrition guidelines (found on the product label):

- o One serving per package
- o No more than 35 percent of total calories from fat
- o Zero trans fat (less than or equal to 0.5 g. per serving)
- o No more than 12 grams of sugar
- o Sodium content of no more than 230mg of sodium
- o No more than 200 calories



Resources and Information

<https://foodplanner.healthiergeneration.org/calculator/>

Not sure whether a snack meets standards? Use this new tool to help you. Simply enter the nutrition information requested and voila! It will tell you! The Calculator should be used as a guide only as there are exceptions to nutrition guidelines.

http://cspinet.org/nutritionpolicy/healthy_school_snacks.html

A comprehensive list of ideas and information on snack foods ranging from fruits and vegetables to beverages courtesy of the Center for Science in the Public Interest, a research, advocacy, and information dissemination organization.