

# CELEBRATE HEALTHY STUDENTS!



## Non-Recommended Snacks

For seasonal parties and birthdays

- FRUIT ROLL-UPS any kind
- COOKIES
- CUPCAKES
- CANDY
- ICE CREAM
- FRIED CHIPS
- FRUIT DRINKS LESS THAN 100% JUICE

## Consider Non-Food Rewards

### Individual:

- Bookmarks, Pens, Pencils
- Stickers
- Listen to music while working at desk
- Coupons to video stores, movies, etc
- Drawings for donated prizes

### Class:

- Have class outside
- Walk around the track
- Listen to music
- Wii Party
- Sit with friends
- Organized sports party



Or work with your teacher to plan a fun activity

## FUN FIT FOODS

Enhance student health...  
and academic performance!

### Grains

- Mini bagel and reduced fat cream cheese
- Granola, All Bran and Yogurt Bars
- Whole grain, high fiber, less sugar Granola Bars
- Fig Newtons
- Graham Crackers
- Pretzels
- Whole Wheat Crackers
- Rice Cake Snacks
- Popcorn (light and fat free)
- Low sugar, high fiber cereal mixes (GORP)
- Baked chips

### Fruits and Vegetables

- Fresh fruit
- Fresh vegetables
- Unsweetened applesauce cups
- Fruit cups in juice
- Raisins and unsweetened dried fruit
- 100% fruit juice or fruit/vegetable juice



### Protein and Dairy

- Cheese
- Puddings (fat free and regular)
- Drinkable Yogurt
- Yogurt
- 1% or non-fat milk
- Smoothies made with milk and fruit

This list of healthful snack suggestions for class parties and individual birthday recognition was developed by the USD 232 Winning With Wellness team with valuable input from students and staff. Our goal is to improve student and staff health and support student learning. **Always check with your student's teacher or building administrator for possible allergy issues.** We encourage emphasis on physical activity and social time during classroom celebrations!!