



Ideas for Healthy School Treats



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Try some of the treats below with less saturated fat and sugar for your child's next school party. When available, choose whole grain options for fiber, a nutrient commonly deficient in children.

Nutritious Homemade Treat Ideas:

- Apple Slices & Dip (Nut butters, yogurt, etc.)
- Chocolate Dipped Fruit (Strawberries, bananas)
- Fruit & Cheese Kebabs
- Carrot Sticks & Dip
- Yogurt Parfaits
- Mini Pumpkin Muffins
- Mini Zucchini Muffins

Tips:

- Contact your child's school to see if they have any rules about foods brought into classrooms.
- Ask your child's teacher if there are any students with food allergies before deciding what to bring.
- If a food requires refrigeration, contact your child's teacher ahead of time to be sure that it can be stored properly.

Nutritious Packaged Treat Ideas:

- String Cheese & Whole Wheat Crackers
- Granola Bars (check the label for sugar content)
- Popcorn
- Pretzels
- Squeezable Yogurt
- Dried fruit and Raisins
- 100% Fruit Roll-ups or Fruit Leathers
- Trail Mix, individually packaged

Children are at higher risk than adults for developing food borne illnesses. So, remember to always wash your hands before preparing food for children, and if you are not wrapping foods individually, include serving utensils.