

Low-Fat or Skim Milk/Dairy

- Milk (Plain or flavored)
- Cottage or ricotta cheese
- String, shredded, sliced, or chunk cheeses
- Yogurt (plain, vanilla, fruited)
- Pudding cup

Protein/Meat

- Lean meats (chicken, turkey, fish)
- Peanut butter, nuts, seeds, beans, peas, legumes, hummus
- Eggs (hard cooked, poached, scrambled)

Drinks

- Bottled water
- Low-fat or skim milk (any flavor)
- Fruit Smoothies
- 100% Vegetable juices
- Soy or rice milk
- 100% juice (½ cup = 1 serving)
- Seltzer water and juice
- Soy or rice milk

Creating Smart Snacks

- ☑ Foods or drinks from at least two food groups
- ☑ No more than one selection from fats, oils, or sugar/sweets category
- ☑ Foods with reduced fat content
- ☑ At least one high fiber food (example: fruit, vegetable,

Keys to Healthy Snacking

Remember snacks are “mini-meals” designed to give kids the energy they need between meals. They are not designed to be as filling and do not have to be as complete as breakfast, lunch, and dinner.

- Timing is everything when it comes to snacks. Schedule them at about the same time each day. At least two hours before the next meal.
- Do not permit kids to snack in front of the TV or video game.
- Kids should not be allowed to run around during snack time. Snacks should be sit-down affairs.
- Keep portions smaller than with regular meals.
- Try to provide well-balanced snacks with variety (see parts of a healthy snack).
- Snacks should not be viewed as rewards or treats or punishments (restricted or taken away).

STAUNTON CITY SCHOOL NUTRITION & FOOD SERVICE

Shirley Eagle, School Food Service Coordinator
Staunton City Schools
116 West Beverley Street
Staunton, VA 24402

Phone: 540-332-3920
Fax: 540-332-3924

E-mail: Seagle@staunton.k12.va.us

Information from: Healthy Eating for Kids by J. Shield & M. Mullen;
Your Child's Weight Helping Without Harming by E. Satter

STAUNTON CITY SCHOOL NUTRITION & FOOD SERVICE

Healthy Snacks and Lunch Choices



HEALTHY FAMILIES MAKE HEALTHY SCHOOLS

In Association with AHC Community
Health Foundation & Augusta Health
Mary E. Albert, MS, RD
School Nutrition Program Dietitian
Staunton, Augusta. & Waynesboro Schools

The Staunton City School Board is committed to a policy of nondiscrimination with regard to race, color, sex, age, religion, disability, national origin, or status as a parent. This attitude will prevail in all of its policies concerning staff, students, educational programs, and services, and individuals and entities with whom the Board does business.

Kids Need Snacks

Snacks should be included as part of your child's daily meal schedule. Well-balanced meals and snacks will ensure that your child stays healthy, well-nourished, and supplied with all the energy he or she needs to develop, grow, learn, and have fun. With smaller stomachs, kids need smaller more frequent meals. Snacks are the perfect way for kids to get the nutrients they need but are unable to consume with three meals alone. Two or three snacks (depending on activity level and age) between meals will:

- control hunger pains between meals
- provide fruit & veggie servings to help meet recommended amounts
- provide needed energy for after-school activities and/or sports
- prevent overeating at meals



Parts of a Healthy Snack

- **Protein** - lean meat, low-fat cheese, milk, beans, nuts, nut butters, or canned fish
- **Fruit or vegetable**
- **Grain** - Whole grain breads, crackers, or tortilla shells, chips, pita pockets, rice, cereals

* Snack foods should be low in fat, added

Snack Food Suggestions

Vegetables

- Raw Veggie Sticks/slices (carrot, celery, asparagus, pepper, cucumber) & low-fat dip
- Veggie Kabobs (veggies chunks on toothpicks or skewers) & low-fat dip
- Cherry or grape tomatoes
- Frozen or raw peas
- Raw broccoli or cauliflower & dip
- Carrots & Celery with peanut butter or low-fat cream cheese
- English Muffin Veggie Pizza - ½ English muffin, pizza or spaghetti sauce, finely chopped veggies (tomatoes, broccoli, mushrooms, onions, peppers), top with low-fat mozzarella cheese
- Raw veggies wrapped in a tortilla or stuffed into a pita pocket topped with dressing

Fruits

- Fresh, Canned, or Frozen fruits serve alone or with non-fat vanilla or fruit yogurt
- Dried fruits like raisins, apricots, apples, plums
- Citrus fruits - oranges, tangerines, grapefruits, mandarin oranges
- Melons - cantaloupe, honeydew, watermelon
- Tropical fruit - mango, kiwi,

Fruits

- bananas, papayas, pineapple
- Fresh or frozen berries - strawberries, blueberries, raspberries, blackberries, cherries
- Fruit kabobs or fruit salad
- Applesauce or fruit cup



- Fruit smoothies or frozen fruit juice pops
- 100% fruit juices

Grains

- At least half of grains should be whole grains - whole wheat or regular bagels, pitas, sliced breads
- Whole grain or regular muffins, cornbread, unbuttered popcorn
- Whole wheat or regular crackers
- Pretzels, graham crackers, ginger snaps, animal crackers
- Dry cereals - toasted oat, corn or rice cereals for example
- Rice cakes, English muffins
- Fruit & nut breads
- Low-fat granola or trail mix
- Flatbreads, tortillas, wraps