



Classroom Events



Nutrition education is more than formal lesson plans. Offering healthy snack foods during classroom and school-wide events can be good teaching examples too. During classroom events, please help us by providing nutritious foods for students to taste and enjoy.

Snack Foods that are Recommended	Snack Foods that are NOT Allowed
<p>Fresh fruits Small bags of trail mix (without nuts) Unbuttered popcorn Fruit bread (i.e. pumpkin or zucchini) Pumpkin or Sunflower seeds Yogurt with fresh fruit Vegetable sticks with yogurt dip Fruit kebobs Bran or fruit muffins  Raisins and dried fruit String cheese or sliced/cubed cheese Pita bread and dip Fruit smoothies Mini sandwiches cut into shapes Pretzels Bagels with cream cheese Graham crackers Fruit juice bars Crackers (nut free) Frozen yogurt Quesadillas</p>	<p>Cakes and cookies Ice cream Donuts Soda Fruit punch Candy Chips</p> 
<p>These foods contribute more than just calories, sugar, and fat. They taste great and are healthy for children too.</p>	<p>These foods have very little nutritional value.</p>