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Recommended Healthy Snack Options



Healthy snacks
provide fuel
for healthy
minds and
bodies



It's important to send your children to school with healthy snacks every day. We have compiled a list of recommended snack choices.



For more information scan the QR Code below to visit the Center for Science in the Public Interest site on healthy school snacks





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Recommended Fruit Options:

- Apples (it can be helpful to use an apple corer)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Grapefruit
- Grapes (red, green, or purple)- Cut in half
- Honeydew Melon
- Kiwis (cut in half and give each child a spoon to eat it)
- Mangoes
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Strawberries
- Tangerines
- Watermelon
- Applesauce (Unsweetened),
- Fruit Cups packaged in fruit juice, not syrup

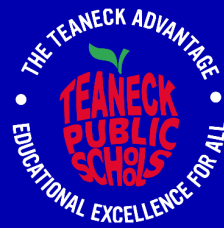
Recommended Vegetables Options:

Vegetables can be served raw with hummus, salad dressing, bean dips, guacamole, salsa,

- Broccoli
- Carrot sticks or Baby Carrots
- Cauliflower
- Celery Sticks
- Cucumber
- Peppers (green, red, or yellow)
- Snap Peas
- Snow Peas
- String Beans
- Tomato slices or grape or cherry tomatoes- cut in half



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Healthy Grains:

Whole Wheat English Muffins, Pita, or Tortillas
Crackers
Rice Cakes

Dairy:

Yogurt
Cheese cubes, sticks, slices
Cottage cheese

Beverages:

Water should be the main drink served to kids at snack times.
Unflavored Low-Fat and Fat-Free Milk.
100% Fruit Juice

Healthy Snack Choices: Adapted from [Healthy School Snacks, Center for Science in the Public Interest](#)