



Grocery store aisles are now packed with items marketed towards kids. However choosing nutritious snacks is a daunting task. To make choosing healthful options a little easier, Child Nutrition Services has compiled a list of individually wrapped and reduced fat and sugar snacks available at most grocery stores. Also available is a list of items that can be purchased directly from us.

Making more nutritious foods and beverages available at school ultimately makes it easier for students to make healthy choices now and in the future. Evergreen School District's Wellness policy requires all foods provided to students during the school day must meet the current State and Federal nutritional guidelines so children grow up with a sound knowledge of nutrition and diet.

Snack time is a part of kinder classes every morning and afternoon session at most schools, Evergreen School District recognizes the importance of recognizing student's birthdays, achievements, etc., however parents and caregivers are asked to provide only healthy foods and drinks in the classroom. Here are a few things to consider when choosing appropriate snacks:

- Although many fruit snacks and fruit roll-ups claim to be made with real fruit or fruit juice, surprisingly they are more like candy than fruit because of their high sugar content. Fruit snacks and fruit roll-ups are generally not very nutritious at all and should be avoided. Try things like canned fruits, applesauce cups or even raisin boxes instead. They have a rather long shelf life and are fairly low cost.
- Also while most kids eat plenty of grain products, many of those grains are cookies, snack cakes and sugary cereals that are high in sugar and fat. Provide only whole grain items which provide more fiber, vitamins and minerals than refined grains. Many cereal bars now have whole grain options which are low in fat and sugar.
- **Many children have food allergies to nuts and seeds. As a courtesy to these children, we do not encourage parents to bring products with these items. Your student's teacher will know if any children have specific allergies.**
- Water is also the recommended beverage for snack times. It satisfies thirst, has no sugar or calories and is low cost. If you are going to provide something other than water, buy 100% fruit juice and avoid the added sugars of juice drinks and punches. Drinks that contain at least 50% juice and no additional caloric sweeteners are healthful options.

Healthy Snacks for School
Smart Snack Compliant & Individually Wrapped
Available at Most Grocery Stores



To meet the recommended criteria snack items cannot exceed:
Maximum 35% total calories from fat, 10% total calories from saturated fat and 35% total sugar by weight, 0% trans fat, ≤200 mg of sodium, ≤175 calories.

[Must be Whole Grain or Fruit/Vegetable or Dairy.](#)

Crackers, Chips & Cookies:

- Nabisco 100 Calorie Packs - Whole Wheat Thins, Ritz Crisps,
- Nabisco Teddy Grahams Variety Chocolate, Honey, Cinnamon Pack 12/1oz CT
- Annie's Bunny Grahams' Honey
- Annie's Bunny Grahams' Friends- Chocolate, Chocolate Chip, Honey
- Scooby Doo Graham Sticks Cinnamon-1oz
- Skinny Pop 100 calorie popcorn-0.65oz

Breakfast & Granola Bars: (please note some of these products may contain nuts/peanuts.)

- Kellogg's Nutri Grain Breakfast Bar - Cherry, Apple, Blueberry, Apple Cinnamon, Raspberry, Strawberry – 1.3 Oz
- Kellogg's Nutri Grain Fruit Yogurt Snack Bars - Strawberry/Vanilla – 1.3 Oz
- Quaker Oatmeal TO GO Bars – all flavors
- Quaker Fruit and Oatmeal Bites Pouches Strawberry
- Quaker Chewy Granola Bar with 25% Less Sugar - Chocolate Chip, Peanut Butter
- Quaker Chewy Granola Bar – Chocolate Chunk, Butterfinger
- Quaker Chewy Low Fat Favorites - Chocolate Chunk Granola Bar & S'mores
- Quaker Chewy 90 Calories Granola Bar – Chocolate Chunk, Cinnamon Sugar, Oatmeal Raisin, & Baked Apple
- Quaker Chewy Trail Mix Granola Bars - Cranberry Raisin & Almond
- Quaker Crunchy Granola Bar – Oats & Berries, Oats, Nuts & Honey
- Quaker Breakfast Bars - Apple Crisp, Strawberry, Iced Raspberry, & Cranberry Orange Muffin
- Quaker Breakfast Bites – Strawberry, Apple Crisp, Iced Raspberry & Iced Strawberry
- Quaker Breakfast Graham Cereal Bar – Strawberry & Cherry Quaker Oatmeal Breakfast Squares
- General Mills Fiber One Oats and Chocolate Bars 5-1.4oz
- Post Honey Bunches of Oats Low Fat Cereal Bars - Cranberry Almond & Oatmeal Raisin
- Nature Valley Backpacker Chewy Oatmeal Bites, S'mores, Chocolate Chip- 6-1.24oz

Fruit Cups and Fruit Snacks:

- Del Monte Fruit & Gelatin Cups – Peaches, Mandarin Oranges, Peaches & Strawberry & Mixed Fruit in Asst. Gelatin - 4.3 oz.
- Del Monte Fruit To Go Cups in Light Syrup - Diced Peaches, Pineapple Tidbits, Peaches in Strawberry Banana Syrup, Tropical Fruit & Mandarin Orange - 4 Oz
- Dole Mixation- Apple Strawberry- 4oz
- Dole Fruit Bowl – Diced Peaches, Diced Pears, Mandarin Oranges, Pineapple Tidbits, Tropical Fruit & Mixed Fruit - 4 Oz
- Dole Fruit N Gel Bowls – Mixed Fruit, Mandarin Orange, Peaches & Strawberry, Pineapple & Lime, Black Cherry - 4.3 Oz
- Dole Fruit N Gel Bowls Reduced Sugar & Light – Pear in Kiwi Berry Gel Red. Sugar & Mandarin Oranges in Light Gel – 4.3 Oz
- Mott's Applesauce Cups – Natural, Cinnamon & Strawberry Banana Fruitsations – 4 Oz
- Motts Snack and Go Portable Applesauce Pouches- Mixed Berry, Strawberry
- Treetop Applesauce Cups – No Sugar Added, Naturally Sweetened, Cinnamon, Strawberry, Raspberry, Pear, Mango Peach, and Apple Pie ala Mode – 6-4 Oz
- GoGo Squeez Apple Sauce On The Go- Apple Banana, Apple Strawberry - 32oz
- GoGo Squeez Fruit & Veggies On The Go- Apple Pear Carrot – 32oz

Pudding, Gelatin Cups & Yogurt:

- Kraft Handi-Snacks Fat Free Chocolate & Vanilla - 4-3.5 Oz
- Kraft Handi-Snacks Butterscotch Cups - 4-3.5 Oz
- Swiss Miss Chocolate & Vanilla Pudding - 6-4 Oz
- Kozy Shack Original Rice Pudding - 6-4 Oz
- Kozy Shack Old Fashioned Tapioca Pudding - 6-4 Oz
- Jello Fat Free Tapioca Pudding - 4-4 Oz
- Jello Fat Free Chocolate & Chocolate Vanilla Swirl Pudding Snack - 4-4 Oz
- Jello Chocolate & Vanilla Pudding Snack
- Yoplait yogurt original strawberry/Banana 4oz
- Yoplait Go-Gurt Strawberry

Fruits and Vegetables:

- Fresh Whole Fruit (preferably with peel)
- Cool Cuts Carrots with Dip 3pk Prepack - 2.25 Oz
- Sun-Maid Seedless Raisins Snack Packs - 9 Oz
- Apple Slices, Individual Prepack
- Mann's Healthy Snack Kit w/celery, carrots, grape tomatoes and ranch Prepack – 8.75oz
- Ready Pack Snacks Veggies, Cheese Cubes with ranch Prepack – 4.2oz

Beverages:

- All Plain Bottled Water
- Hansen's Junior Juice – Apple, Apple Grape, and Mixed Fruit Juice - 4-4.23 Fl. Oz
- Hansen's Juice Slam – Burstin' Berry, Totally Tropical, Strawberry Banana, Awesome Apple
- Juicy Juice 100% Juice – Apple & Grape - 12-4.23 Fl. Oz
- Minute Made Juices To Go 100% Pure Juice – Apple & Orange - 6-10 Fl. Oz
- Minute Maid 100% Juice Box – Apple, Orange, Grape, Fruit Punch & Mixed Berry - 10-6.75 Fl. Oz
- Tree Top 100% Apple Juice - 6-5.5 Fl. Oz
- Welch's 100% Juice Drink – Apple, Grape, White Grape, - 6-10 Fl. Oz
- Tropicana 100% Apple Juice - 6-10 Fl. Oz
- Tropicana Premium Pure Healthy Kids Orange Juice - 6-8 Fl. Oz
- Tropicana Pure Premium Orange Juice With Calcium - 6-8 Fl. Oz
- Dole 100% Pineapple Juice - 6-6 Fl. Oz

Seasonal Items: CNS will continue to make available specialty individually wrapped whole grain holiday cookies.

Please Note: This list is only an example of some items within the guidelines currently available on the market. However you are not confined to only these items. Please check with CNS if you have a question about an item not on this list.



Find healthy choices fast by choosing products that have the Whole Grain stamp.

When you choose a whole grain product, you're making a sound decision. That's because food products displaying the Whole Grain stamp meet nutrition criteria based on authoritative statements from the Food and Drug Administration (FDA) and the National Academy of Sciences.

Whole Grain item contains:

- The statement "Diet rich in whole grain foods,...and low in total fat...may help reduce risk of heart disease..." **or**
- A whole Grain as a first ingredient, **or**
- A combination of whole grain ingredients comprising at least 51% of the total weight, **or**
- At least 51% whole grain by weight.

Provided below are the links to compliant healthy snack:

<http://www.californiaprojectlean.org/doc.asp?id=180&parentid=95>

<http://wholegrainscouncil.org/find-whole-grains/stamped-products>