



Parent's Guide to Nutritious Food for the Classroom

In planning for classroom snacks, parties or school-wide events, please help us reinforce the goal of helping your child make healthy food choices. Be sure to include at least one serving of fruits, vegetables or juice if planning a large event.

Recommended Classroom Food

These foods taste great and are good for children. Appropriate classroom foods can provide positive teaching examples. The more children receive consistent messages about healthy food choices, the healthier their choices will be!

- Fresh fruit or fresh vegetables
- 100% fruit juice or juice mixed with sparkling water
- Frozen 100% fruit bars
- Small bags of low-fat, low sugar trail mix
- Unbuttered popcorn
- Dried fruits such as: raisins, apricots, pears, prunes, dates, apples
- Yogurt with fresh fruit (e.g., strawberries with low-fat vanilla yogurt)
- Celery and nonfat cream cheese
- Vegetable sticks with low-fat yogurt dip
- Low-fat banana, pumpkin or zucchini bread
- Low-fat bran or fruit muffins
- Small bagels or small muffins made with whole grain flour or fruit
- Vegetarian nonfat or low-fat pizza
- Quesadillas made with low-fat cheese (e.g., after baking, students can cut out pumpkin faces!)
- Low-fat granola with added dried fruit
- Low-fat or baked chips
- Animal or graham crackers
- Low-fat milk
- Bottled water

Not Recommended

These foods contribute only calories, sugar and/or fat. They also can harm children's teeth.

- Candy
- Gum
- Marshmallows
- Potato chips or fried chips
- Doughnuts
- Fruit punch or fruit-flavored drinks
- Soda pop
- Most types of cakes and cookies (for cookies, see guidelines)