

## HEALTHY CELEBRATION AND SNACK IDEAS

The school wellness policy requires that all foods offered in school meet the USDA Smart Snacks for schools regulations. Below are lists of suggested alternate snack ideas for classroom celebrations and snacks.

Rule of thumb guidelines are to choose items that have no added sugar and are lower in fat. Grain items should list Whole Grain as the first ingredient on the package.

### Food Items

Yogurt Cups or parfaits  
Smoothie Drinks  
Cheese Sticks  
Pudding Cups  
Fresh Fruit- apple slices, orange smiles, bananas  
Fruit Cups  
100% Fruit Juice  
Cut Veggies and Low Fat Dip- sliced cucumber, baby carrots, celery sticks  
Dried Fruits / Raisins  
Low Sugar Gelatin Cups  
Low Sugar Granola Bars  
Whole Grain Crackers  
Whole Grain Pretzels  
Whole Grain Goldfish  
Low Fat Popcorn  
Whole Grain Animal Crackers  
Whole Grain Muffin  
Oatmeal Bar

### Non-Food Items

Pencils  
Pens  
Crayon Packets  
Markers  
Rulers  
Book marks  
Coloring Books / Coloring Page  
Stencils  
Stickers  
Puzzles  
Erasers  
Playing Cards  
Card Games  
Party Hats  
Sunglasses

### Non-Food Classroom Rewards

Homework Pass  
Extra Recess  
Line Leader  
Chore leader  
Teacher for a Day  
Stars or other stickers on a chart  
Tokens  
Shout outs  
Uniform pass