

# **St. Mary's Catholic School encourages each student and staff member to snack healthy daily.**

## **Snacking Tips for Parents and Staff members**

- Plan ahead and buy healthy snacks when you shop. You will save money and make healthier choices than if you or your kids are buying snacks on the go.
- Provide kids with choices and make those choices nutritious.
- Pre-portion your child's snacks into small plastic bags to grab on the go.
- Combine snacks from at least two food groups to pack more nutrients into your child's diet... it will be more filling and it will hold them over to the next meal.
- And remember... space snacks far enough between meals so appetites are not spoiled!

## **Some Smart Snack Options are:**

- Pretzels, Goldfish crackers, Veggie sticks, Popcorn, Granola Bars, Oatmeal Bars, Kind Bars, Clif KidZ Bars, Fruit, Fresh Veggies, Whole Wheat Fig Bars, Sea salt chickpeas, Trail Mix, Dried Fruit, snap peas, Triscuits, Wheat Thins, Apple Sauce, Roasted Seaweed, Graham Crackers, Kix, Cheerios, Chex Mix, yogurt, cheese sticks, Go-Yurts, Chex Cereal, and Frosted Mini Wheats.

## **Snacks to stay away from:**

- Chips, Candy, Cupcake's, Cookies, Brownies, and Chocolate.

## **Benefits of Smart Snacking**

- Almost a quarter of kids' daily calories may come from snacks.
- Kids who have healthy eating patterns are more likely to perform better academically.
- Kids consume more healthy foods and beverages during the school day. When smart snacks options are available, the healthy choice is the easy choice.

## **Class Parties**

Class Parties should always have healthy choices available to staff and students.