Healthy Snack Choices for Strong Minds and Bodies!

HEALTH AND WELLNESS

Healthy Snack Ideas

🍎 Fruits
- Apple or pear slices with a light drizzle of peanut or almond butter
- Banana coins with a sprinkle of cinnamon
- Dried fruit (no added sugar): apricots, raisins, cranberries, mango slices
- Fruit kabobs (mix strawberries, melon, & pineapple)
- Applesauce cups (unsweetened)

🥕 Vegetables
- Baby carrots, celery sticks, cucumber rounds, or cherry tomatoes with hummus
- Sweet pepper strips with guacamole
- Steamed edamame sprinkled with sea salt
- Snap peas or broccoli florets with yogurt dip

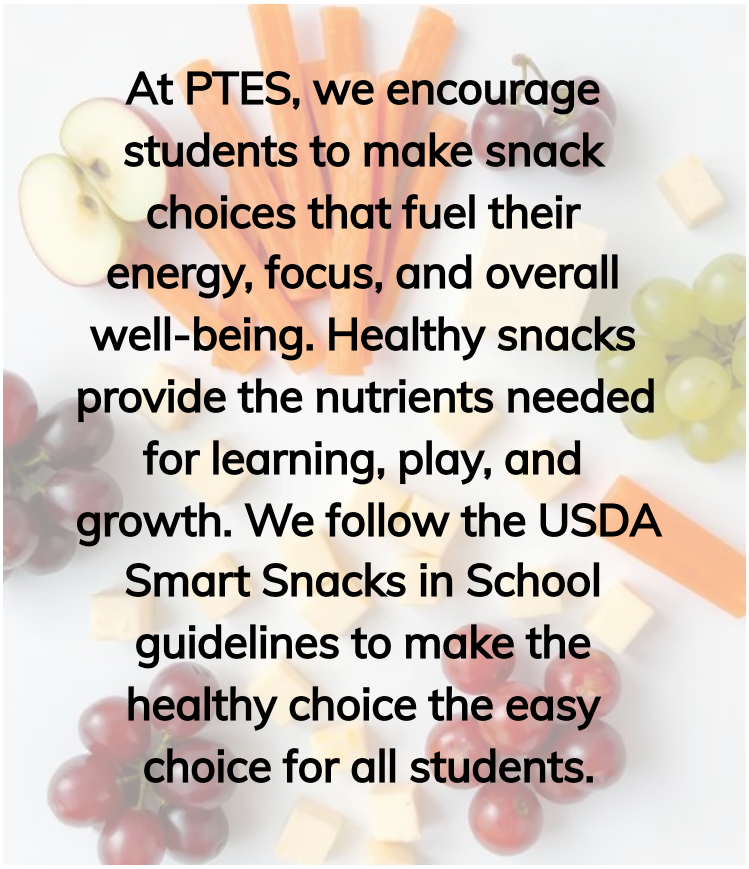
🥨 Whole Grain Snacks
- Air-popped popcorn (lightly salted or plain)
- Mini whole-grain muffins made with banana or pumpkin
- Oatmeal bites or granola clusters (low sugar)
- Rice cakes topped with fruit slices or nut butter
- Whole-grain cereal trail mix (with raisins & seeds)

🧀 Protein-Packed Snacks
- Hard-boiled eggs
- Low-fat string cheese or cottage cheese cups
- Yogurt parfaits with berries & granola
- Turkey or chicken roll-ups with lettuce
- Roasted chickpeas or edamame
- Tuna salad with whole-grain crackers

💧 Healthy Drinks
- Water (infused with fruit slices for flavor)
- Milk (1% or nonfat)
- Smoothies made with milk, yogurt, & fresh fruit

Why it Matters

Healthy snacking helps improve focus, behavior, and academic performance. By promoting nutritious choices, PTES ensures our students have the energy to succeed all day long!



Together, we can make healthy choices part of every day!

For more information about USDA Smart Snack Standards, visit: www.fns.usda.gov/tn/wellness-policy