



SEPTEMBER

Back to School Snacks

New School Year, New Healthy Snacks!

Swap out chips and treats for these tasty and healthy snacks:

Fruits

- Fruit kabobs with low-fat yogurt dip
- Dried fruit or 100% fruit leathers
- Frozen fruit (try frozen grapes!)

Veggies

- Raw veggies with a dip like guacamole, hummus, salsa, honey mustard dressing, or low fat-yogurt
- Celery topped with low-fat cream cheese or nut butter and raisins

Drinks

- Water - try infusing with fruit and vegetables
- Sparkling punch (sparkling water and 100% juice)



Rethink School Snacks and Celebrations

Classroom snacks and celebrations provide a unique opportunity for children to learn about nutrition and health! Consider a healthy snack and celebration policy at your/your child's school!

Make it more fun with online resources, just search:

- Pick A Better Snack Iowa - Iowa HHS
- A Guide to Smart Snacks in School - USDA

