

WELLNESS PROCEDURE 6 – CLASSROOM SNACKS

Classrooms have been the setting for birthday celebrations for students for decades. While this practice continues today, there are guidelines that should be followed in today’s classrooms.

If there is a known food allergy, there can be no products brought into the classrooms that are made with peanuts, peanut products, or nut oils of any kind. Severe allergic reactions may occur, and may occur by merely smelling peanut products or snacks, and therefore prohibited in the classroom.

Any snacks should be low in sugar content and calories. Fresh fruit should always be provided as an alternative to treats made with sugar for students who prefer a healthier option or have specific dietary restrictions. Healthy options should have at least as many servings as the non-healthy or marginally healthy option. Fruit juice beverages should contain at least 100% real fruit juice. Snacks for the classroom could include pretzels, animal crackers, vanilla wafers, graham crackers, fruit grain bars, low-fat string cheese, fruit snacks , or seasonal fruit or vegetables with low fat dip.

There are several websites that offer recipes for healthy snacks that are appropriate for classroom celebrations. The websites are:

1. www.kidshealth.org/snacks-for-toddlers offers recipes for snacks for kids
2. www.eatingwell.com/recipes_menus/collections/quick_healthy_snack_recipes offers nutritious snacks
3. www.squaremeals.org offers nutritious suggestions
4. www.dish.allrecipes.com/customer-service/nutrition-information/ offers recipes and nutritional information
5. www.parenting.com/gallery/healthy-kids-snacklists nutritious classroom appropriate snack options and healthy afterschool nutritional snacks
6. www.KraftFoods.com provides a variety of healthy snack options and recipes



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