

# Salem Drive School

## Hanover Township Snack Guidelines and Recommendations

Dear Parent/Guardian,

Health eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. When packing your child's snack for school, please feel free to be creative. Include your child in the planning, shopping, and preparation of their snack. Promote fresh fruits and vegetables and whole grains.

Snacks can be good for your child. In fact, many children need snacks to help meet their nutritional needs. If your child is going to snack, try to follow these tips:

*Follow portion size on package*

*Don't snack too close to meal time*

*Snack only if hungry*

*Avoid high sugar, trans fats, and high fat snacks*

### Healthy Snack/ Birthday Treat Suggestions

- ☆ Graham Crackers
- ☆ Animal Crackers
- ☆ Baked Potato chips
- ☆ Pretzels
- ☆ Baked Tortilla Chips with Salsa
- ☆ Whole Wheat Crackers
- ☆ Carrot Sticks
- ☆ Low Fat Popcorn
- ☆ Unsweetened Dry Cereal
- ☆ Low Fat Mini Muffins
- ☆ Rice Cakes
- ☆ Mini bagels with peanut butter
- ☆ Homemade Trail Mix (mini pretzels, high fiber cereal, raisins, nuts, etc.)
- ☆ Fresh Fruit
- ☆ Raw Vegetables
- ☆ Low Fat Granola Bars
- ☆ String Cheese
- ☆ Low Fat Yogurt
- ☆ Unsweetened Applesauce

### Try to follow school nutrition standards per snack serving

- ☆ 8 grams total fat
- ☆ 2 grams saturated fat (or less)
- ☆ No trans-fats
- ☆ Sugar (in any form) should not be the first ingredient
- ☆ Watch portion size