

Smart Snack List for Classrooms & Families

(Healthy snack ideas for families to send with students)

Snacks brought from home or offered for classroom parties should follow Smart Snacks nutrition standards as outlined in federal guidance. ([Food and Nutrition Service](#))

Whole Fruits & Vegetables (fresh or frozen)

- Fresh fruit & vegetables: (For example, Apple slices, grapes, oranges, berries, baby carrots, cucumber slices)
- Dried fruit
- Fruit cups in 100% juice (no added sugar)
- Frozen fruit juice bars (no sugar or high fructose corn syrup)
- Fruit leather

Dairy & Protein Choices

- Low-fat or non-fat yogurt cups or smoothies
- Low sodium varieties of jerky (or buffalo jerky)
- String cheese or cheese cubes
- Hummus with whole-grain crackers or veggie sticks
- Yogurt, low fat and no sugars added
- Low fat ice cream and sherbet bars
- Low-fat pudding

Whole Grain Options

- Granola Bars
- Whole-grain crackers or pita chips
- Air-popped popcorn
- Whole-wheat pretzel sticks
- Baked chips, corn nuts

Combination Snacks

- Fruit + yogurt parfait (no added sugar)
- Frozen yogurt treat bars
- Whole-grain tortilla roll-ups with lean turkey/cheese
- Trail mix with seeds, dried fruit (check allergy guidelines)
- Popcorn without hydrogenated fats
- Animal crackers and graham crackers
- Pretzels
- Hummus as a dip for veggies

Resources & Tools

- **USDA Smart Snacks in School Tools & Guide:** <https://www.fns.usda.gov/school-meals/nutrition-standards/smartsnacks> (Food and Nutrition Service)
 - **Smart Snacks Product Calculator:** Helps families check compliance. Search: “Smart Snacks Calculator Alliance for a Healthier Generation.” ([woodinville.nsd.org](https://www.woodinville.nsd.org))
 - Non-food Reward Ideas for Families https://healthynh.org/wp-content/uploads/2022/09/Non-Food_Reward_Ideas_for_Families.pdf
 - University of Connecticut <https://uconnruddcenter.org/wp-content/uploads/sites/2909/2023/08/Alternatives-to-Food-Rewards-Info-Sheet.pdf>
-