



Healthy Snacks for School and Celebrations

This snack list was created to give guidance to help you choose healthy and nut-free snacks for sharing in the classroom.

Here are some guidelines to keep in mind when sending snacks:

- Please ask teachers ahead of time about any foods to avoid due to allergies.
- Cold foods need to be kept refrigerated until serving.
- Please bring napkins, cups, bowls, and spoons as needed to serve snacks.
- Keep in mind that according to USDA guidelines, less than 35 percent of total calories should come from fat, and less than 10 percent from saturated fat.

Foods that are not able to be served as classroom snacks include:

- Any snacks containing peanuts or Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts, sesame seeds, or foods made in a facility that processes nuts.
- Home-baked goods and pastries.
- Candy of any kind.

Healthy Snack List:

Fruits:

- Washed fresh fruits
- Store-bought fruit trays
- Prepackaged fruit slices
- Fruit cups or applesauce- no sugar added
- Dried fruits
- 100% fruit: juice, roll-ups, or popsicles

Veggies:

- Washed fresh veggies
- Prepackaged carrots
- Store-bought veggie trays

Low-fat dairy:

- String cheese
- Cheese cubes or slices

- Low-sugar yogurt cups or tubes
- Low-fat, low-sugar pudding, cottage cheese, or milk

Grains:

- Whole wheat crackers
- Whole grain cereal or tortilla chips
- Pretzels
- Popcorn
- Whole grain muffins
- Goldfish, animal crackers, saltines, Wheat Thins, Triscuits, graham crackers
- Fig Newtons

Combinations of Foods:

- Fruit smoothies or fruit kabobs
- Cheese and crackers
- Low-fat, low-sugar yogurt parfaits



Bluffview Montessori



Non-Food Celebrations

Having celebrations that do not involve food can be a fun and special way to involve all students with allergies or other health issues, reduce waste, and ease the financial burden for parents who struggle purchasing snacks for the whole class.

Please check with your child's teacher ahead of time to ensure that the idea for celebration is approved with their classroom and schedule.

Some Ways to Enjoy a Non-Food Celebration:

- Go on a class walk or a scavenger hunt around the playground.
- Buy an educational game for the classroom.
- Send supplies and directions for a craft the kids can create.
- Have a classroom dance party.
- Plant herbs, flowers, or vegetables in small pots.
- Have extra recess, reading, or free time at the end of class.
- Provide small age-appropriate toys or school supplies like stickers, erasers, tops, notepads, bubbles, etc.
- Create a mural with sidewalk chalk.
- Host a game party or Bingo.
- Have an escape room challenge in the classroom.
- Host a Minute-to-win-it game.
- Lead a STEM or science challenge/game.
- Have a classroom talent show.
- Have an origami party with a video on origami art.
- Invite a guest speaker or community organization to your class for a fun project.
- Have the students brainstorm ideas.

Please note: As per Bluffview's Wellness Policy #533, our school will not use foods or beverages as rewards for academic performance or good behavior (unless this practice is allowed by a student's individual education plan or behavior intervention plan) and will not withhold food or beverages as punishment.