

Healthy Snacks, Celebrations & Rewards

New Healthy Snack and Beverage Guidelines:

- Allowed drinks: Water, Fruit or Veggie drinks with at least 50% juice and no added sugar, 1% or fat-free milk or equivalent non-dairy beverage.

- Allowed Snacks:

- Less than 35% calories from fat.
- Less than 10% calories from saturated plus trans fat.
- Less than 35% of weight from added sugar.
- Less than 300mg sodium per serving.
- 250 calories or less (6-12th grade)
- 175 calories or less (K-6th grade)

Healthy Snacks:

* could also be sold as fundraisers.

- Fruit smoothies
- Fresh Fruit, Fruit Salad
- Frozen bananas
- Trail mix or nuts
- Fruit and yogurt parfaits
- Vegetable trays with low-fat dip, celery with peanut butter and raisins
- Quesadillas or bean burrito with salsa
- Baked chips
- Energy bars/granola bars- low sugar & low fat
- Pretzels - low fat
- Popcorn - low fat
- Cheese stick - low fat
- Cheese and Crackers
- Soup

Non Food Rewards:

- Play a group game together (Kickball, Soccer)
- Watch a movie
- Field day activities
- Field trip, class hike, go to beach
- Swimming Pool Party
- Tickets redeemable for school supplies
- Free pass to gym or swimming pool
- Free pass to climbing gym
- Free yoga class
- Free aerobics class
- Free bowling
- Movie pass
- Video rental
- Miniature golf/driving range
- Free roller skating
- Water bottles
- Free ticket to water park/amusement park
- T-Shirts, hats etc.
- Get to dunk principal/teacher in dunk tank
- Get out of homework free pass

Healthy Celebrations:

- Go bowling
- Go roller skating
- Play games (ex. pictionary, charades)
- Learn a dance (ex. salsa)
- Drama day (Youth make costumes and act out own plays)
- Allow a free period, students plan activities.
- Make holiday cards for nursing home
- Collect animal treats for SPCA
- Learn a craft
- Movie and Popcorn
- Go on a field trip to a museum, park, beach
- Go for a walk/hike
- Healthy Potluck or Picnic Lunch

Use California Project LEAN's Online School Food Standards Calculator to check to see if any food meets the new standards

Check it out at:

www.californiaprojectlean.org



YOUTH LEADERSHIP INSTITUTE

Sources: CA Project Lean, Shasta County Public Health, Indiana Nutrition Council, Healthy Empowered Youth (HEY!) Team • Contact HEY! @ (415) 455-1676 x 232 • www.yli.org/hey