

Pearl River School Health Advisory Council (SHAC)

Healthy Snack Guidelines:

- Water

- Fruit
 - Fresh, dried, canned (without added sugar)
 - Smoothies – blended fruit with juice, yogurt or milk, and ice
 - 100 % fruit juice, flavored/sparkling water – without added sugars or sweeteners

- Vegetables
 - Raw with dip, salad dressing or cottage cheese (low-fat)

- Healthy Grains – whole grain
 - Bread – whole grain
 - Whole wheat English muffins, pita, tortillas
 - Whole grain cereal without added sugar
 - Crackers, rice cakes, popcorn, baked tortilla chips, pretzels, breadsticks, flatbreads
 - Granola and cereal bars – whole grain, low in fat and sugars
 - Graham crackers, animal crackers
 - Angel food cake – plain or topped with fruit

- Dairy Foods
 - Low-fat or non-fat plain or flavored milk
 - Yogurt – low-fat or non-fat, moderate sugars
 - Cheese – reduced-fat
 - Nonfat or low-fat cottage cheese

- Trail Mix

- Nuts – **check for peanut and/or tree nut allergies**