



# After School Snack Nutrition Guidelines

Each student will be provided with a fruit/vegetable and *either* a protein source or whole grain each day. Popcorn will be limited to special occasions and “movie days”. Parents are encouraged to send additional healthy snacks if their child finds that they need additional snack items.

## **1 Fruit and/or Vegetable:**

- Raw fruit
- Raw vegetables
- Dry fruit

## **1 Protein Source:**

- Nuts/trail mix
- Nut butters (pure ground nuts with no additives beyond oil so it doesn't need to be refrigerated)
- Hummus
- Whole milk/full fat yogurt, kefir or cheese

**1 Whole grain:** whole or multigrain flours, whole-grain breads, whole-grain low-sugar cereals, at least 50% of ingredients should be whole grains, first ingredient listed should be whole grains, high fiber content, 8+ grams of whole grains per ounce.

- Whole grain crackers
- Whole grain bread/tortillas
- Whole grain/oat cereal (low sugar, high fiber)
- Granola
- Corn chips