



Healthy Birthday and Party Treat Ideas

The Wellness Committee is tasked with reducing the amount of refined sugar students are eating while at school. In an effort to do this, we recommend the following items in lieu of traditional birthday/party treats!

- Veggie platter
- Stickers
- Fruit kabobs
- Popcorn
- Fruit with cream
- Homemade muffins

Everyday Snack Ideas:

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| <ul style="list-style-type: none">➤ Hummus w/carrots, celery, peppers, & jicama➤ Hard-boiled eggs w/veggies➤ Fruit with nut butter➤ Fruit with nuts and seeds➤ Olives➤ Avocado with crackers➤ Rice cake with cream cheese➤ Pickles, cheese, walnuts, and olives➤ Smoothie➤ Salad with chicken or smoked salmon➤ Soup in a thermos➤ Plain yogurt fruit and nuts➤ Miso soup with rice/quinoa➤ Nori wrap with chicken, and veggies | <ul style="list-style-type: none">➤ Roasted chick peas➤ Kale chips➤ Kale salad➤ Chia pudding➤ High protein homemade muffins➤ Baked oatmeal in a mason Jar➤ Turkey, chicken or veggie wraps➤ Leftovers➤ 3-bean salad➤ Quinoa salad➤ Lentil salad➤ Your favorite meals➤ Sliced turkey rolled up with pickle, avocado & cucumber |
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Interested in learning more about appropriate school snacks?

For more information and resources on approved snacking options visit:

<https://www.fns.usda.gov/tn/guide-smart-snacks-schools>