

Looking for snack ideas that follow our school's new nutritional guidelines?



Make holidays and parties fun and healthy too!

Below are healthy drink and food ideas for classroom parties. Please ask the classroom teacher if there are any food restrictions due to allergies or other needs.

Drink Options:

- Plain Water (carbonated or uncarbonated)
- Plain Low fat milk (white/unflavored)
- Fat Free Milk (plain, chocolate, other flavor)
- Non-Dairy Milk (soy, rice, etc.)
- 100% fruit/vegetable juice w/no added sweeteners

Snack Ideas:

- Popcorn
- Fruit/Veggies (fresh, canned, dried)
- Hummus and Whole Grain Crackers
- Fruit & Yogurt Parfaits
- String Cheese
- Beef Jerky

For more information on healthy snacks, recipes, and non-food rewards, go to the Shoreline School District website www.shorelineschools.org/page/1265 and scroll down to the “**Nutrition & Wellness Resource Library.**”



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