

# HEALTHY SNACK STANDARDS



The Alabama State Board of Education along with Hoover City Schools wants to provide your child with the nutrition they need to support a healthy learning environment. Listed below are some healthy snack suggestions that are consistent with our district-wide wellness policy as mandated by the USDA. (*Section 204 of the Public Law 108-265, the Child Nutrition Reauthorization Act of 2004*).

Fresh fruit	Pretzels	Low-Fat Yogurt
Hard- boiled Egg Slices	Baked Chips	Low-fat pudding
String Cheese	Nutri-Grain Bars	$\frac{1}{2}$ Sandwich
Celery or Carrot Sticks	Animal Crackers	Whole-Grain Cheez-its
Turkey or Ham Roll-ups	Nuts	Beef Jerky
Goldfish Crackers	Dried Fruit	Snack-Size Lite Popcorn
Low-fat Cheese & Crackers	Hummus & Pita Bread	Reduced Sugar Granola Bars
100 Calorie Packs	Rice Cakes	Graham Crackers
Canned Fruit	Sunflower Seeds	Baked Tortilla Chips & Salsa

## Some Special Occasion Treat Suggestions:

Frozen Go-Gurts	Low-fat Fudge Popsicles	Frozen Banana dipped in chocolate
Frozen 100% Fruit Bars	Low-fat Sherbet	Low-Fat Ice-Cream

\*Please do not send candy, cake, cookies, soda, donuts, cupcakes or regular chips for snack. These are foods of minimal nutritional value (FMNV) and can have a negative influence on children's health and behavior. Thank you for supporting a healthy learning environment!

## Resources:

Alliance for a Healthier Generation:

<https://schools.healthiergeneration.org/>

Alabama Healthy Snacks Standards:

<http://cnp.alsde.edu/NutritionPolicy/AlaHealthySnackStandards.pdf>