# Healthier Snacks and Party Foods for School Age Children

**Some tips to remember:**
- Treat a snack like a small meal, avoid empty calorie foods. A serving size is about ½ cup or the size of a tennis ball.
- Make snacks together with your children!
- Choose snacks that include whole grains, vegetables and fruits, and are lower in fat and sugar.
- Send home shopping lists with ideas for healthy foods.

<table>
<thead>
<tr>
<th>Instead of</th>
<th>Gelatin</th>
<th>Ice Cream</th>
<th>Pie</th>
<th>Soda</th>
<th>Other</th>
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</thead>
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| **Try**    | Homemade Gelatin  
Mix ½ cup of 100% fruit juice with 1 tablespoon unflavored gelatin in a medium saucepan. Heat and stir until gelatin dissolves. Remove from heat. Stir in remaining 1 ½ cups juice. Pour mixture into serving glasses and refrigerate.  
Snack size applesauce  
Try sprinkling wheat germ on top. | Frozen yogurt or low fat ice cream topped with berries and whole grain cereal like Grape Nuts  
**Yogurt pops**  
Mix low fat yogurt with pureed strawberries. Pour into small paper cups. Place popsicle sticks in the center, cover with foil and freeze.  
Low fat yogurt layered with whole grain cereal and cut up fruit  
Pudding made with low fat milk | **Baked fruit**  
Cut an apple or pear in half, sprinkle with cinnamon and a little brown sugar or real maple syrup. Bake until soft.  
**Poached Pears**  
Poach pears in apple juice and cinnamon  
Pudding made with low fat milk and topped with crushed graham crackers  
**Fruit crisp** | **Fruit smoothies**  
Low fat milk, yogurt, or soymilk blended with fresh or frozen fruit  
**Hot chocolate made with low fat milk or soymilk**  
**Warm apple cider flavored with lemon zest and a cinnamon stick**  
**Fruit Fizzies**  
Combine 3 parts 100% fruit juice with 1 part mineral water. Cherry, grape and orange juice work well. Add a frozen berry as the ice cube.  
**Vegetable juice with a squeeze of lemon juice**  
For a party, have a salad bar where each student can build his or her own healthy salad  
For birthday parties, one teacher lets the birthday child pick a recipe from a healthy cookbook (i.e. Healthy Latino Recipes). The child’s parent or caregiver brings the ingredients to school. The child chooses three classmates to help make the recipe for fellow students. |
<table>
<thead>
<tr>
<th>Instead of</th>
<th>Candy</th>
<th>Chips</th>
<th>Cookies</th>
<th>Cream-filled Snack Cakes or Doughnuts</th>
<th>Dips</th>
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<tbody>
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<td><strong>Try</strong></td>
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<td>Peanut butter on apple wedges, banana or celery. Add raisins or dried cranberries.</td>
<td>Baked corn tortilla chips, light popcorn, pretzels, or rice cakes</td>
<td>Pita bread stuffed with tuna salad, lettuce and tomatoes</td>
<td>Plain fortune cookies</td>
<td>Homemade lower fat quick breads such as banana nut, pumpkin, or zucchini</td>
<td>Plain low fat or nonfat yogurt with favorite dip mix</td>
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<tr>
<td>Fresh, canned or dried fruit</td>
<td>Pita bread stuffed with tuna salad, lettuce and tomatoes</td>
<td>Whole grain crackers or breadsticks with part skim mozzarella cheese sticks</td>
<td>Peanut butter sandwich with sliced banana or apple</td>
<td>Bagels with hummus or low fat cream cheese and raisins</td>
<td>Low fat salad dressing</td>
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<tr>
<td>Frozen banana chunks, pineapple chunks, blueberries or grapes</td>
<td>Raw vegetables served with a low fat dip</td>
<td>Whole wheat apricot or fig bars</td>
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<td>Homemade lower fat banana, carrot, or pumpkin muffins</td>
<td>Low fat hummus or bean dip</td>
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<tr>
<td>Trail mix made with whole grain cereal, nuts, sunflower seeds, and dried fruit</td>
<td>Tortilla with refried beans, salsa, low fat cheese and leaf lettuce</td>
<td>Graham crackers, gingersnaps or vanilla wafers</td>
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<td>Open faced sandwiches spread with light cream cheese and decorated with cut up fruits (fresh, canned or dried), vegetables, nuts and seeds</td>
<td>Season a mixture of low fat mayonnaise and low fat plain yogurt with your favorite herbs</td>
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<td>Cut up fruit threaded on bamboo skewers or toothpicks (You may wish to snap off the sharp points)</td>
<td>Mini pizza made with English muffins or pita bread and low fat cheese</td>
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<td>Fresh tomato or mango salsa</td>
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<td>Baked sweet potato</td>
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Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer through the California Nutrition Network. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy you nutritious foods for a better diet. To find out more, contact your local food stamp office at 415-558-4186.