

PS 9 Healthy Snack Guide

PS 9 thanks parents for their partnership in providing students with snacks that help them to grow healthy and strong. Below is a list of wholesome snacks you can send to school, whether you are supporting just your own child's or an entire classroom's snack time. Please try to choose from the list below to help our children stay ready to learn throughout the school day.

No-Preparation Snacks

- ✓ Fresh fruit, such as clementines, small apples, small pears, small oranges, or bananas
- ✓ Fresh vegetables, such as baby carrots or grape tomatoes
- ✓ No-sugar-added fruit cups, applesauce, or dried fruit (Remember: all fruit is naturally sweet!)
- ✓ Part-skim or low-fat cheese sticks
- ✓ Pretzels or popcorn, plain or lightly salted
- ✓ Rice cakes
- ✓ Seaweed packs
- ✓ Vegetable chips, such as snap pea crisps or kale chips
- ✓ Whole-grain cereals or crackers (6g of sugar or less per serving)

A Little Preparation

- ✓ Fresh vegetable slices, such as cucumber or red pepper slices
- ✓ Homemade popcorn
- ✓ Fresh fruit slices or kabobs, such as strawberries, melon chunks, kiwis

More Preparation

- ✓ Homemade fruit or vegetable whole-grain mini-muffins
- ✓ Fruit salad
- ✓ Mini-sandwiches using whole-grain bread

Don't Forget the Dip

- ✓ Hummus goes great with vegetables, rice cakes, crackers, and pretzels
- ✓ Plain yogurt is a healthy dip for fruit

Other Tips for Successful Snack in the Classroom

- ✓ Have the class parent, other volunteer, or teacher/teaching assistant make a schedule of who is responsible for bringing snacks each week. You can even schedule several weeks or months at once. Just be sure to coordinate with your child's teacher regarding the schedule, storage, and refrigeration needs.
- ✓ Water is the best choice for thirst and fruit provides a more filling snack than juice. If you want to send juice, make sure it's 100% juice and not a "juice drink." Choose mini 4-6 ounce juice boxes.
- ✓ Send your child to school with a water bottle. Suggest to your child's teacher that they keep a pitcher of cold water in the classroom. Water should be accessible to all students throughout the day, but bringing seltzer or bottled water to share in the classroom at snack time is also fine.

For Pre-K and Kindergarten:

To prevent choking slice grapes and grape or cherry tomatoes in half. Slice baby carrots lengthwise. For more information on choking hazards, visit choosemyplate.gov

Allergy Alert

- ✓ Best to avoid nuts and nut butters since many students are allergic to these items.
- ✓ Ask your child's teacher about allergies in the class.
- ✓ Provide a list of ingredients for any homemade snacks.

Food Safety Tips

- ✓ Always wash hands with soap and warm water before handling food.
- ✓ Wash all fruits and vegetables with water.
- ✓ Keep cold foods cold and hot foods hot.
- ✓ Use clean equipment and cooking surfaces

For other ideas, questions, or comments please contact Liz Solomon at elizsolo@gmail.com or Ms. Shaw-Taylor at KShaw@schools.nyc.gov.