

Smart Snacks

Ivy Creek Elementary continues to strive to create a healthy, supportive environment that will result in improved student health and corresponding academic achievement. Data has proven that children achieve higher scores if they eat more nutritious foods.

Healthy Snack Ideas –The following is a suggested list of healthy snacks and beverages to enjoy at home and at school.

- V8 Splash or other 100% vegetable juices
- 100% Fruit Juices (orange, apple, grape, nectars*)
- Odwalla Juices and other drinks (available at Kroger by the fruits)
- Bottled Water (or reusable water bottles)
- Fruit-sweetened Smoothies
- Sparkling water
- Fresh Vegetables - Baby carrots, Cherry tomatoes, Cucumber slices, Raw broccoli/cauliflower with low-fat (yogurt) dip
- Fresh Fruit - Apple slices with peanut butter, Orange Slices, Blueberries, Strawberries, Grapes, Pineapple slices, Peaches, Nectarines, Plums, Apricots, Bananas, Watermelon, Cantaloupe, Kiwi
- Unsweetened applesauce cups or Mixed Fruit Cups (in 100% fruit juice)
- Dried Fruits - Fruit Leather (100% fruit)*, Raisins and unsweetened/non-preserved dried fruits
- Nature Valley Granola Bars*, Cliff Brand Energy Bars*
- Whole Grain Crackers*(Kashi Brand)
- Whole Grain Cereals*
- Whole Grain Pretzels (with non-hydrogenated oil)
- Baked Corn Chips*
- Popcorn Cakes (Mother's Brand)*
- Rice Cakes (Tree of Life Brand)*
- Trail Mix (without sugar)
- Whole Grain Pita with peanut butter and 100% fruit spread*
- Fruit-sweetened bran muffins
- Whole or sprouted grain bagels with yogurt/cream cheese blend*
- Cheese Sticks
- Boiled egg
- Non-fat fruit-sweetened yogurt*
- Seeds and Nuts - Pumpkin seeds, Sunflower Seeds, Cashews, Shelled Pistachios