**Smart Snacking in Schools**

**Jackson County Central**

Parents will be responsible for sending snacks with their child/children if they choose to. Teachers may choose to set up a snack program in their individual classes. Kindergarten students will continue to receive one skim or 1% milk at no cost for snack break during the school day.

Below is a list of nutritious snack ideas to send with your child/children during the school day. Please limit snacks that provide empty calories, which mean they lack nutrients and snacks that are high in fat, sodium, and sugar (Soda, cookies, chips, cake, donuts, etc.).

Preferred Snacks and Beverages for Students

* String Cheese or Low-Fat Cheese
* Cottage Cheese
* Hard Boiled Eggs
* Raisins or Other Dried Fruit with No Added Sugar
* Fresh Vegetables (Celery, Carrots, Peppers, Cucumbers, Cherry Tomatoes, Snap Peas, Broccoli, etc.)
* Fresh Fruits (Bananas, Apples, Oranges, Peaches, Grapes, Strawberries, Blackberries, Cantaloupe, etc.)
* Fruit Cups in 100% Juice
* Applesauce (Unsweetened)
* Graham Crackers
* Low-Fat Yogurt or Greek Yogurt
* Whole Grain Tortilla Chips
* Whole Grain Crackers
* Popcorn with No Added Salt or Butter
* Granola and Cereal Bars-Look for bars that are low in fat and sugars
* Whole Wheat English Muffins, Pitas, or Tortillas
* Whole Grain Dry Cereals with No Added Sugars
* Dipping Ideas: Peanut Butter, Salsa, Low-Fat Dressings, Hummus, and Guacamole
* Beverages: Water, 1% or Skim Milk, 100% Fruit Juice

**Thank you for creating a healthy school environment for our students!**