



## Snacks for the (Pre)School Classroom

This is a list of healthy snacks that can be shared in the classroom. They don't require any cooking or much advanced prep work and there are no nuts. We've also included some suggestions for how to serve them and fun ideas for how to flavor some of them. We hope this list of fun ideas for the preschool and school snack table is helpful!

<b><i>Fruit &amp; Vegetables that Can Be Served Raw</i></b>		
Apples	Clementines	
Applesauce	Corn*	Pear
Banana	Cucumber	Pineapple*
Bell pepper	Edamame	Plums
Broccoli (raw, cut into small florets or steamed in the microwave)	Green beans	Pomegranate seeds
Blueberries*	Jicama	Raspberries*
Carrots	Melon	Snow peas
Celery	Mango*	Strawberries*
Cauliflower (raw, cut into small florets or steamed in the microwave)	Olives	Sugar snap peas
Cherry tomatoes	Oranges	Watermelon
	Peaches*	<i>*Frozen is also a good option</i>
<b><i>Dried Fruit &amp; Vegetables – look for those without added sugar</i></b>		
Apple	Dates	Peaches
Apricots	Mango	Raisins
<b><u>Spreads &amp; Dips</u></b>	<b><u>Crackers, Bread &amp; Rice Cakes</u></b>	<b><u>Protein Sources</u></b>
Hummus	Rice cakes	Sunflower seed butter
Mashed avocado or guacamole (add diced tomato and some fresh or powdered garlic)	Corn cakes	Yogurt (Greek yogurt) – buy plain and add cinnamon, applesauce, maple syrup and/or fresh or frozen fruit. Let children flavor it.
Mashed black beans	100% whole grain crackers (Triscuits, for example)	Mozzarella balls
Mashed garbanzo beans	Mini whole wheat pitas (or whole wheat pita cut into triangles)	Edamame

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Cottage cheese (sprinkle on cinnamon for fun and sweetness!)	Whole wheat waffles	Cheese – be creative! Go beyond cheese sticks and cheddar; try gouda, Swiss, mozzarella.
Ricotta (sprinkle on cinnamon for fun and sweetness!)		Seeds (pumpkin seeds, sunflower seeds)
Cream cheese (sprinkle on cinnamon for fun and sweetness!)		
<b>Fun Make-Your-Own Bars – This is a fun way to let children be involved in what they are eating and “customize” their own snack. Put out lots of bowls and spoons and let them have fun!</b>		
Yogurt parfaits with fresh fruit and granola, or seeds		
Kebobs with cherry tomatoes, small mozzarella balls, olives, slices of cucumber (use cupcake pop sticks, which aren’t sharp, for younger children)		
Kebobs with fruit slices, berries (use cupcake pop sticks, which aren’t sharp, for younger children)		
Oatmeal (make the day before with yogurt, milk and honey and put in refrigerator overnight); add fun fruity toppings		
Kebobs with fruit, cheese cubes (use cupcake pop sticks, which aren’t sharp, for younger children)		
Fruit popsicles – fill Dixie cups with cut fruit, add water, insert a popsicle stick and freeze.		
Make granola with a mix of sunflower and pumpkin seeds, dried fruit and cereal		

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