



WIN Wyoming educates people to respect body-size diversity and to enjoy the benefits of:

- \* active living
- \* pleasurable and healthful eating
- \* positive self-image.

## Make Snacks Count



Choose foods daily from each of the five food groups.

WIN Wyoming is coordinated through  
**Family & Consumer Sciences -**  
**University of Wyoming Cooperative Extension Service.**  
 To access this handout or more  
 information, go to [www.uwyo.edu/winwyoming](http://www.uwyo.edu/winwyoming).

# At School Snack Ideas

## Students:

### Need a Snack?

Snacks at school should be:

- Tasty

(so you enjoy them)

- Quiet

(you won't disturb your neighbor)

- Neat

(you won't mess up your desk)

- Good for You!

(to help you learn at your best)

- Kept cold if needed

## Fruits and Vegetables

- 100% fruit juice
- Fruit cups
- Vegetables and dip
- Fresh fruit
- Salsa and baked chips
- Dried fruit
- Pre-cut veggies
- Pre-packed salad
- Applesauce



Fruits and vegetables help you see in the dark and help cuts heal.

## Grains

- |                                  |                      |                  |
|----------------------------------|----------------------|------------------|
| Mini muffins                     | Rice cakes           | Ramen noodles    |
| Bread sticks                     | Popcorn              | Cup-of-soup      |
| Cereal                           | Cereal mix           | Toaster pastries |
| Graham crackers                  | Bagel chips          |                  |
| Animal crackers                  | Cereal bars          |                  |
| Granola                          | Fish-shaped crackers |                  |
| Pretzels                         |                      |                  |
| Bagels                           |                      |                  |
| Peanut butter & cracker packages |                      |                  |
| Whole grain crackers             |                      |                  |



Grain group foods help give you the energy you need.

## Milk



- pudding cups
- Cheese cubes
- String cheese
- Yogurt
- Flavored milk
- Squeezable yogurt
- Cheese-n-crackers

Milk helps build strong bones and teeth.

## Meat

- Bean dip
- Trail mix
- Pouch ready mix tuna or chicken
- Single-serving peanut butter
- Pop-top cans of chili, spaghetti or ravioli



Meat group foods help you grow and build strong muscles.



Healthy habits are formed at home and school. Be a positive role model with food and lifestyle choices. Instead of low-nutrient food for fund-raising efforts, consider these ideas:

**Sales Ideas:**

- Handmade laminated place-mats
- Note cards
- Wrapping paper
- Pencils
- Bookmarks
- Book covers
- Stickers
- Phone cards
- T-shirts or hats with school name
- Crafts

**Sales Ideas:**

- Halloween costumes
- Buttons with student photos
- Washable tatoos
- Seasonal decorations (wreaths/pumpkins)
- Recycled aluminum
- Flower seeds
- Magazines
- ID Cards with fingerprints
- Wild cards

**Other Ideas:**

- Outdoor Pet Wash
- "No-bake" Sale
- Family Fun Night
- Raffles
- Chili Supper
- Book Fair
- Car Wash
- "Student-for-hire" Day
- Singing Grams

**Pledge Ideas:**

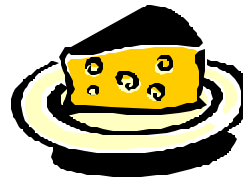
- Trashwalk
- Bike-a-thon
- Walk-a-thon

**Competitions:**

- Donkey Basketball
- Parent v. Student Challenge
- Sports Clinics
- Basketball Tourney
- Variety Nights

# At home Snack Ideas

Food is what kids want when they walk in the door!  
Stock the kitchen with a variety so there's always something quick to fix.



**Milk**

- Yogurt
- Yogurt parfait (yogurt, cereal & fruit)
- Cheese and crackers
- Squeezeable yogurt
- Flavored milk
- String cheese
- Cafe latte
- Smoothies
- Cottage cheese
- Hot chocolate
- Pudding
- Instant Breakfast



**Fruits and Vegetables**

Walking salad: lettuce leaves with peanut butter, cheese spread, cream cheese rolled up with raisins, green peppers, or carrots

- |   |                              |              |
|---|------------------------------|--------------|
| Carrots and celery                          | Jicama sticks                | Applesauce   |
| Frozen juice (slushy)                       | 100% fruit juice             | Canned fruit |
| Vegetable juice                             | Grape tomatoes               | Fresh fruit  |
| Dried cranberries                           | Apples with peanut butter    |              |
| Salsa & Chips                               | Frozen Ready-to-eat Stir Fry |              |
| Pre-cut veggies                             | 100% juice popsicles         |              |
| Microwave-baked potatoes and sweet potatoes |                              |              |



**Grains**

- |                |                      |                 |
|----------------|----------------------|-----------------|
| Ramen noodles  | Cheese toast         | Cinnamon toast  |
| Rice cakes     | Cup-of-soup          | Popcorn         |
| Tortilla wraps | Waffles              | Cereal and milk |
| Bagel bites    | Rice Cakes           | Raisin toast    |
| Pizza          | Whole Grain Crackers |                 |
- Microwaveable bowls: mac & cheese, rice  
Tortilla w/bean dip & tomatoes  
Pita pocket w/cheese and vegetables  
Bagel and cream cheese



**Meat**

- |              |                        |
|--------------|------------------------|
| Nachos       | Peanut butter sandwich |
| Quesadillas  | Hard cooked eggs       |
| Deli meat    | Pizza Rolls            |
| Beef jerky   | Nuts                   |
| Frozen pizza | Hot Pockets            |

