WIN Wyoming educates people to respect body-size diversity and to enjoy the benefits of:
* active living
* pleasurable and healthful eating
* positive self-image.

Win Snack Ideas

**Students:**

**Need a Snack?**

- √ 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 & chips
- Dried fruit
- Pre-cut veggies
- Pre-pack salad
- Applesauce

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

**Grains**
- Mini muffins
- Bread sticks
- Cereal
- Graham crackers
- Granola
- Pretzels
- Bagels
- Peanut butter & cracker packages
- Whole grain crackers

Grain group foods help 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
- Nuts
- Trail mix
- Beef Jerky
- 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.

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.
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 placemats
- 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 tattoos
- Seasonal decorations (wreaths/pumpkins)
- Recycled aluminum
- Flower seeds
- Magazines
- ID Cards with fingerprints
- Wild cards

**Pledge Ideas:**
- Trashwalk
- Bike-a-thon
- Walk-a-thon

**Other Ideas:**
- Outdoor Pet Wash
- “No-bake” Sale
- Family Fun Night
- Raffles
- Chili Supper
- Book Fair
- Car Wash
- “Student-for-hire” Day
- Singing Grams

**Competition Ideas:**
- Donkey Basketball
- Parent v. Student Challenge
- Sports Clinics
- Basketball Tourney
- Variety Nights

**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

**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
- 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

**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

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

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.