



Snack Checklist

Serving healthy snacks to our students is important to providing good nutrition for growth and development and supporting lifelong healthy eating habits.

Snacks can make positive or negative contributions to students' diets – depending on the choices we offer. Below are ideas of healthy drinks and snacks for parents to bring in for their child's class.

Creative Minds International Public Charter School is a **NUT FREE ZONE**. Please **DO NOT BRING NUTS** or allow your student to have nuts of any kind in their possession.

School Approved Snack Items:

Be sure to read nutrition labels to pick options that are low in sugars, saturated fat, and trans fat. ALL ITEMS MUST BE NUT FREE.

- Applesauce (all natural)
- Fruit Cups or Canned Fruit (in juice or light syrup)
- Dried Fruit or Fruit Leathers (without added sugars)
- Rice Cakes
- Granola
- Cereal Bars
- Plain Popcorn
- Fresh Fruits (Apples, Pears, Oranges, Clementines, Berries, etc.)
- Fresh Vegetables (Carrots, Cucumbers, etc.)
- Raisins
- Graham Crackers/Whole-Grain Crackers
- Water
- Seltzer or Sparkling Water – Look for calorie-free varieties; flavored or unflavored

- Fruit Juice – Choose only 100% fruit juice, but limit juice to no more than 6 ounces (a little less than a cup) for 1-6 year olds and no more than 12 ounces (1½ cups) for 7-18 year olds. The label should list 100% juice and avoid drinks with sugar or high fructose corn syrup in the ingredient list.

Please DO NOT Bring In The Following Items As Snacks:

- Sodas/Soft Drinks (Coca-Cola, Pepsi, Sprite, etc.)
- Juice drinks, which, nutritionally, are no better than soda pop (CapriSun, Kool-Aid, Hi-C, etc.)
- Potato Chips (Cheetos, Doritos, etc.)
- Pretzels
- Candy of any kind
- Sweets (brownies, cookies, cinnamon rolls, honey buns, cupcakes etc.)