

Nourish to Flourish

Healthy School Snack Ideas

1. Apple/Pear slices (can add sunflower seed butter or nut butter cups to dip)
2. Banana
3. Clementine/ Orange slices
4. Nectarine/Peach/Plum
5. Grapes
6. Strawberries or blueberries
7. Cubed melon or pineapple
8. Applesauce
9. Unsweetened dried fruit such as mango or apple
10. Dates stuffed with sun or nut butter
11. Freeze-dried fruit
12. Carrots (and dip)
13. Cucumbers
14. Mini peppers (try filling with cream cheese)
15. Snap peas
16. Celery (optional: with nut or sunflower seed butter and raisins-ants on a log)
17. Cherry tomatoes
18. Pickles or olives
19. Seaweed snacks
20. Cheese sticks or cubes
21. Greek yogurt or cottage cheese paired with fruit
22. Hummus cups with vegetables or pretzels
23. Hard boiled eggs
24. Roasted chickpeas
25. Trail mix
26. Cheese paired with fruit or vegetables
(crackers or rice cakes may be included)
27. Edamame (salted or unsalted)
28. Guacamole cups with vegetables, crackers, or rice cakes
29. Smoothie in a bottle or thermos
(can be brought frozen in the morning:
It will thaw by the afternoon)
30. Homemade healthy snacks like energy balls, healthy muffins, or homemade granola bars