



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 hope this list of fun ideas for the preschool and school snack table is helpful!

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

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