

To support the Health & Wellness initiative, Tulita school recommends these delicious nutritious snack ideas for your child's school snack and for classroom parties.

SNACK IDEAS (can also be used in lunches)

Snacks that are close to nature's source or finding snacks that are minimally processed is best. Some ideas are:

- * **Fresh fruit** - kids are more likely to eat sliced apples than a whole apple. Grapes, blueberries, strawberries, bananas, pears, watermelon, small crabapples or cutie oranges make great snacks
- * **Ants on a log** - use sunflower butter instead of peanut butter for those with nut allergies (Trader Joe's has a great one). Other healthful nut butters are cashew and almond butter. Spread on celery and add a few raisins or cranberries.
- * **Apple slices** dipped in peanut, sunflower, cashews, or almond butter
- * **Dehydrated or freeze dried fruit** - make sure there are no additives, the only ingredient should be the fruit with no added sugars. Crispy Green has a great selection of freeze dried fruits such as oranges, pineapple, banana, apple, pear, etc. You can purchase them at Whole Foods or even at [Amazon.com](https://www.amazon.com)
- * **Carrots, celery, cucumber, sugar snaps, bell pepper or tomatoes** with hummus or tzatziki dip
- * **Cherry tomatoes**
- * **Cheese sticks** with fruit
- * **Baked or healthy chips** instead of potato or corn tortilla chips. There are a lot of great chips made from quinoa, black bean, kale, etc. that are really tasty
- * **Air popped popcorn** - you can also flavor it with different spices - cinnamon, Lemon-pepper , Old Bay seasoning, paprika, Italian spices, etc.
- * **Rice crackers** and **rice cakes**
- * **Popcorn with maple syrup and chia seeds**. Pour a little 100% maple syrup over hot popcorn and sprinkle with chia seeds).
- * **Seaweed**
- * **Olives**
- * **Edamame**
- * **Apple sauce** (no sugar added) and graham crackers
- * **Dried Anchovies** - Nutrient dense snack - can be purchased at Japanese markets or online at www.radiantlifecatalog.com. Dried anchovies are a great replacement for goldfish.
- * **Smart PB&J** - you can use sunflower butter and fruit spread sweetened with fruit juice
- * **Plain greek yogurt** with fresh fruit. - Plain yogurt sweetened with fresh fruit is always better than the fruit flavored yogurts or Go-gurts which have a lot more sugar and additives in them. Greek yogurt provides more protein, less carbohydrates and less sodium than regular yogurt. You can sweeten plain yogurt yourself with fresh fruit, raw honey or maple syrup. Some fruit-flavored yogurts on the shelves don't contain any fruit, and are solely flavored with artificial and natural flavors.
- * **Nutritious Puddings** made with silken tofu, pumpkin, sweet potatoes, avocado, or mashed banana
- * **Nutritious Brownies** made with black beans, dates, and raw cacao
- * **Rice or chia seed pudding**
- * **Smoothies**
- * **Coconut water**

If you are interested in helping to make Tulita Elementary as healthy as it can be for our children, please join the Wellness Council. To find out more, please contact Kari Sharp at klsharp12@gmail.com or Florentina Alden at Florentina.Alden@gmail.com