



Winchester Trail Elementary Healthy Food/Snack List

In most of our classrooms students are encouraged to bring in a snack to help them through the day. We also occasionally have parties or celebrations in our classrooms. The district has adopted a Wellness Policy in regards to the physical and mental well being of all staff and students. A section of the policy addresses the need to provide students with healthy food choices as much as possible. Below is a recommended list of items that we feel are appropriate for students to bring in for a snack. These items could also be part of dishes that are brought in for parties or other celebrations.

Vegetables

- Carrots, celery, broccoli, cucumbers, bell peppers, etc. (can be served with low fat or fat-free veggie dip)

Fruits

- Apple slices (good mixed with raisins), bananas, orange wedges, watermelon cubes, grapes (good frozen, too)
- Canned fruit or fruit cups (plain or with fat free/sugar free cool whip)
- Apple sauce cups
- 100% fruit juice
- Raisins and other dried fruit

Miscellaneous

- Low fat cheese cubes with turkey pepperoni slices
- Graham cracker sandwiches (1 graham cracker halved with fat free, sugar free cool whip in the center frozen like an ice cream sandwich)
- Pretzels
- Granola bars (be cautious of peanut allergies)
- Goldfish crackers
- Fat free or low fat popcorn or mini popcorn bags (Prepared at home)
- Trail mix – be cautious of peanut allergies in your child's classroom
- Chex mix
- Low sugar or sugar free dry cereals

Cool Treats

- Jell-O gigglers
- Jell-O cups
- Pudding
- Popsicles
- Frozen fruit bars
- Sherbet

You can substitute icing with fat free/ sugar free cool whip. Add some flavor by adding a packet of any flavor sugar free Jell-o mix to the cool whip.

Cake mixes can be made healthier by using a can of diet pop instead of water, eggs and oil. Diet Rite works great and comes in many flavors and you can match that flavor with your jell-o for the cool whip.

(1 box of cake mix mixed with 1 can of diet pop. Mix well and bake in oven. It takes a little longer than what is listed on the box).

** This list is not all inclusive. There are other foods that fall into the healthy category. If you are in doubt please contact your child's teacher or the school nurse.*