Healthy Snacks for School Holiday Parties

Fruit/Vegetables Platters- send fruit with low-fat yogurt or vegetables with low-fat dressing to dip in Pre-cut veggie sticks
Applesauce- select no added sugar varieties Fruit cups- in juice or light syrup
Pretzels Popcorn- low-fat/plain Whole grain crackers - send with pre cut cheese cubes/slices and lean meat

Graham Crackers Animal Crackers Mini-Bagels- send with low fat cream cheese Baked chips Rice cakes
Want to send something sweet? Though these snacks are high in sugar, they are lower in fat than many alternatives Sherbet Low fat frozen yogurt

Here is a healthy holiday snack that is easy and fun for kids to make if homemade treats are allowed or if you are allowed to bring the unopened ingredients from the store:

SCRUMPTIOUS SPIDER SNACK

For each: 2 Crackers, 2 teaspoons smooth peanut butter or cream cheese, 8 small pretzel sticks, 2 raisins

Spread peanut butter or cream cheese onto one cracker. Place eight pretzel “legs” onto the spread. Place another cracker on top to create a sandwich. With a dab of peanut butter/cream cheese, set two raisin “eyes” on the front. Enjoy!

Nutrition Information: Calories: 130, Total fat 8g, Saturated fat 1.5g, Cholesterol 0mg, Sodium 190mg, Carbohydrate 12g, Fiber 1g, Sugars 4g, Protein 4g.

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