

“HEALTHY CLASSROOM” SNACKS & CELEBRATIONS

PdH Families,

In an effort to further promote healthy bodies and healthy minds, we have partnered with Fit Kids of Arizona to create a list of healthy classroom snack options.

When you contribute snacks for classroom celebrations or snacks in general, please provide healthful, nutritious choices for the students to enjoy. Flagstaff Unified School District strives to teach healthful eating habits, both in theory and in practice. This includes all classroom parties and events. Our goal at FUSD is to make healthy choices easily accessible to all.

Thank you for helping to create a healthy school environment that fosters growth and supports learning!

😊 GOOD 😊

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| <ul style="list-style-type: none"> • Brown rice cakes (plain/unflavored) • Whole grain crackers* or pretzels* • Fruit or applesauce cups (no sugar added) | <ul style="list-style-type: none"> • Olives • Pickles |
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| <ul style="list-style-type: none"> • Fresh fruit (washed and sliced)
--mix several cut fruits to make fruit salad-- • Fresh vegetables (washed and sliced) • Whole grain crackers* (such as Original Triscuits) with cheese* slices or mashed avocado • Slice of deli meat with slice of cheese* (roll up) • Stovetop or air-popped popcorn | <ul style="list-style-type: none"> • String cheese* • Hard boiled eggs* • Edamame* • Mixed nuts* and/or seeds • Pinon nuts • Pumpkin or sunflower seeds |
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😊😊😊 BEST 😊😊😊

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| <ul style="list-style-type: none"> • Apple slices with peanut* butter, almond* butter, or sunflower seed butter OR with ¼ cup mixed nuts* • Hummus or guacamole with vegetables | <ul style="list-style-type: none"> • Cottage cheese* with fresh or frozen fruit • Fresh fruit with cheese* sticks or slices |
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*Potential allergen

FRUIT—VEGETABLES—NUTS—SEEDS

apples	baby carrots	peanuts
oranges	sliced cucumber	almonds
pears	celery sticks	pistachios
grapes	sugar snap peas	cashews
bananas	jicama	walnuts
melons	sliced bell pepper	pecans
berries	broccoli	pumpkin seeds
pineapple	cauliflower	pepitas
clementines	cherry tomatoes	sunflower seeds
mango		



A NOTE ABOUT DRINKS...

We appreciate your willingness to provide drinks along with your snack but would like you to know that this is not necessary, nor is it expected. Water is the very best drink for our children and is easily accessible to them while they are at school. Many drinks such as juice, Capri Sun, Gatorade, and Honest Kids are simply sugar in water and do not contribute to the health and nutrition of our children. The American Heart Association recommends kids consume no more than 25 grams of added sugars daily. Many juice boxes and drink pouches provide at least half of this in one serving.



SUGAR CONTENT OF COMMON DRINKS

Drink	Serving Size	Sugar Content
Orange juice	4 oz juice box	10 grams
Capri Sun	1 pouch	13 grams
Gatorade	12 oz bottle	21 grams
Chocolate milk	8 oz	25 grams
Arizona Green Tea	1 can	34 grams
Coca Cola	12 oz can	39 grams