

Parent Snack and Party Pledge

A classroom party is a great time to support healthy eating habits. Buy from the list below and **sign this pledge** to support a healthy classroom and shape life-long eating habits.

Below are snack and classroom party recommendations:

Finger Foods



- Low-fat string cheese
- Crackers with low-fat cheese
- Pretzels with sweet or spicy mustard or natural peanut butter
- Popcorn, air popped
- Nuts (walnuts, almonds, sunflower seeds)
- Cheese pretzel kabobs (cheese cubes threaded on thin, pretzel sticks)
- Baked chips with salsa or low-fat bean dip
- Dry cereal mix (Cheerios, Chex)
- Hard-boiled eggs

Desserts

Limit desserts to one or two small portions:



- Graham crackers
- Low-fat frozen yogurt
- 100% Fruit juice bars
- Vanilla wafers or animal crackers
- Yogurt splits with bananas and granola
- Angel food cake with fresh fruit topping
- Gingersnap or fruit filled cookies/bars
- Nonfat, low-fat pudding

Fruit & Vegetables

Include **at least** one fruit and/or vegetable

Fruits

Apple, orange, or pineapple slices, kiwis, bananas, grapes, strawberries or dried fruits

Vegetables

Baby carrots, bell pepper strips, pea pods, broccoli, cauliflower or jicama



Beverages

- Water flavored with mint, fruit slices
- Nonfat or 1% milk
- Sugar-free hot chocolate with nonfat or 1% milk
- 100% Fruit or vegetable juice



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. California Department of Public Health

Healthy Classroom Snack Pledge - Sign below, remove, and give this section to your child's teacher

Parent / Guardian Signature

Date

Student Signature

Date