

EVERY DAY SMART SNACKS

Smart Snacks for Smart Kids - Walmart

Eating a healthy diet, being physically active, getting enough sleep and drinking plenty of water are all important in balancing kids' energy levels for optimal attentiveness, increase focus and better performance in school.

Making healthy eating choices is not always easy, but stocking your kitchen and pantry with healthy snacks is the first step to good health. Real food with an emphasis on fruits and vegetables, whole grains, lean proteins and low-fat dairy products are the healthiest options. Overly processed foods are often packed with sugar, salt and fat without providing the concentrated nutrition kids need. Most children do not eat enough fruits and vegetables, so snack time is perfect time for providing convenient, easy to eat fruits and vegetables. Fruits and vegetables are a nutritious substitute for high-calorie snack foods such as chips and cookies.

Balancing the need for providing nutritious food with the time constraints of a busy life often makes it hard for parents to always provide the healthiest snacks on a daily basis. There are healthier options among processed foods that are convenient and meet the Smart Snack guidelines.

Fruits and Vegetables

Fresh fruit, whole or sliced (in the deli section)

Dried fruit (raisins, cherries, Craisins, apricots, peaches, apple, etc.)

Fruit leather

- Stretch Island Fruit Co.

Applesauce

- Motts Unsweetened Applesauce
- GoGo Squeeze Applesauce
- Great Value Unsweetened Applesauce
- Great Value Squeeze Applesauce

Canned Fruit

- Any canned fruit with light or no sugar
- DelMonte Fruit and Veggie Fusions

Fresh vegetables, whole or sliced (in the deli section)

- Snack pack of baby carrots
- Packaged, ready-to-eat fresh vegetables

Dairy/Protein

Yogurt

- Activia Cups
- Chobani Flip Cups
- Chobani Low-Fat Greek Yogurt cups
- Danimals Squeezables
- Danimals Smoothies
- GoGo Squeeze Yogurtz
- GoGurt
- Stonyfield YoKids Squeezes
- Great Value Low Fat Yogurt

Cheese

- Sargentos Low-Fat String Cheese; Colby Jack Reduced-Fat Cheese

Cheese

- Great Value Low-Moisture Part-Skim Mozzarella String Cheese
- Frigo String Cheese
- Kraft String Cheese

Lean Protein

- Nut butters
- Hard boiled eggs
- Nuts, roasted (serving size ~ 1/4 cup)
- Planters Nut Pack, Salted or Honey Roasted
- Great Value Nut Pack, Salted or Honey Roasted

*Brands and prices were observed at the Bloomington Walmart in August 2017.

**This is not an exhaustive list and nutrient content of products can change.

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Grains

Whole grain crackers

- Triscuit Original (whole wheat)
- Great Value equivalent of Triscuits
- Teddy Grahams (whole grain, serving size ~30 pieces)
- Wheat Thins 100% Whole Grain
- Great Value Wheat Things
- Kashi Fire-Roasted Veggie or Lemon Chickpea
- Special K Parmesan Sesame
- Quaker Rice Cakes (all flavors)

Breakfast/Granola Bars

- Great Value Chewy Bars (all kinds)
- Great Value Sweet and Salty Chewy Bars
- Great Value Fiber Bars
- Fiber One, Oat and Chocolate Granola Bar

Breakfast/Granola Bars

- Kashi Trail Mix Chewy Granola Bar
- Kind Granola Bars (all flavors)
- Nature Valley Chunky Oat and Honey Granola Bar
- Great Value Chunky Oat and Honey Granola Bar
- Nature Valley Fruit and Nut Granola Bar
- Great Value Nut and Fruit Granola Bar
- Nature Valley Granola Cups
- Nutrigrain Soft-Baked Bars (Great Value brand is NOT ok)
- Quaker Chewy Chocolate Chip, and Oatmeal Raisin Granola Bars
- Great Value Protein bars
- Great Value Crunchy Granola Bars

Other brand-name products may fit the Smart Snack guidelines as well.** Always check product labels with the nutrition guidelines listed below. If two products meet the guidelines, choose the product with the shortest ingredient list.

Nutrition Guidelines

Products should be evaluated based on the serving size on the nutrition label.

Product must:

- Have a whole grain, fruit, vegetable, dairy product, OR protein food as the first ingredient
OR
- Be a combination food (like trail mix) that contains at least ¼ cup fruit and/or vegetable

All items must meet these standards for calories, fat, sugar, and sodium:

Calories: 200 or less

Trans Fat: Label reads 0 g

Total Fat: Less than 35% of calories

Added Sugar: Less than 35% of item weight

Saturated Fat: Less than 10% of calories

Sodium: 200 mg or less per serving

**Be sure to keep in mind students who may have allergies in your child's classroom.
Check with the classroom teacher for any foods to avoid.**

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