Let’s Go! Takes 5-2-1-0 to School

Suggestions for Nutritious Snacks

**BEVERAGES**
- Water
- Seltzer
- Low-fat milk

**LOW-FAT DAIRY**
- Milk
- Yogurt
- String cheese
- Yogurt smoothie
- Frozen yogurt

**WHOLE GRAINS**
- Granola bars (avoid candy-type bars)
- Rice cakes
- Pretzels
- Graham or animal crackers
- Cereal with or without milk
- Popcorn

**FRUITS and VEGETABLES**
- Apple slices
- Bananas
- Fresh berries
- Applesauce
- Melon balls
- Orange sections
- Raisins
- Celery sticks with peanut butter
- Sliced colored peppers with hummus
- Baby carrots or cucumbers with low-fat dip

**Tips to make it easy:**
1. Prepare snacks ahead of time if you can or simply buy pre-packaged, snack-size portions

2. Canned or frozen fruits and vegetables, packed in their own juice or water, are healthy and don’t cost much money

For more information, visit www.letsgo.org