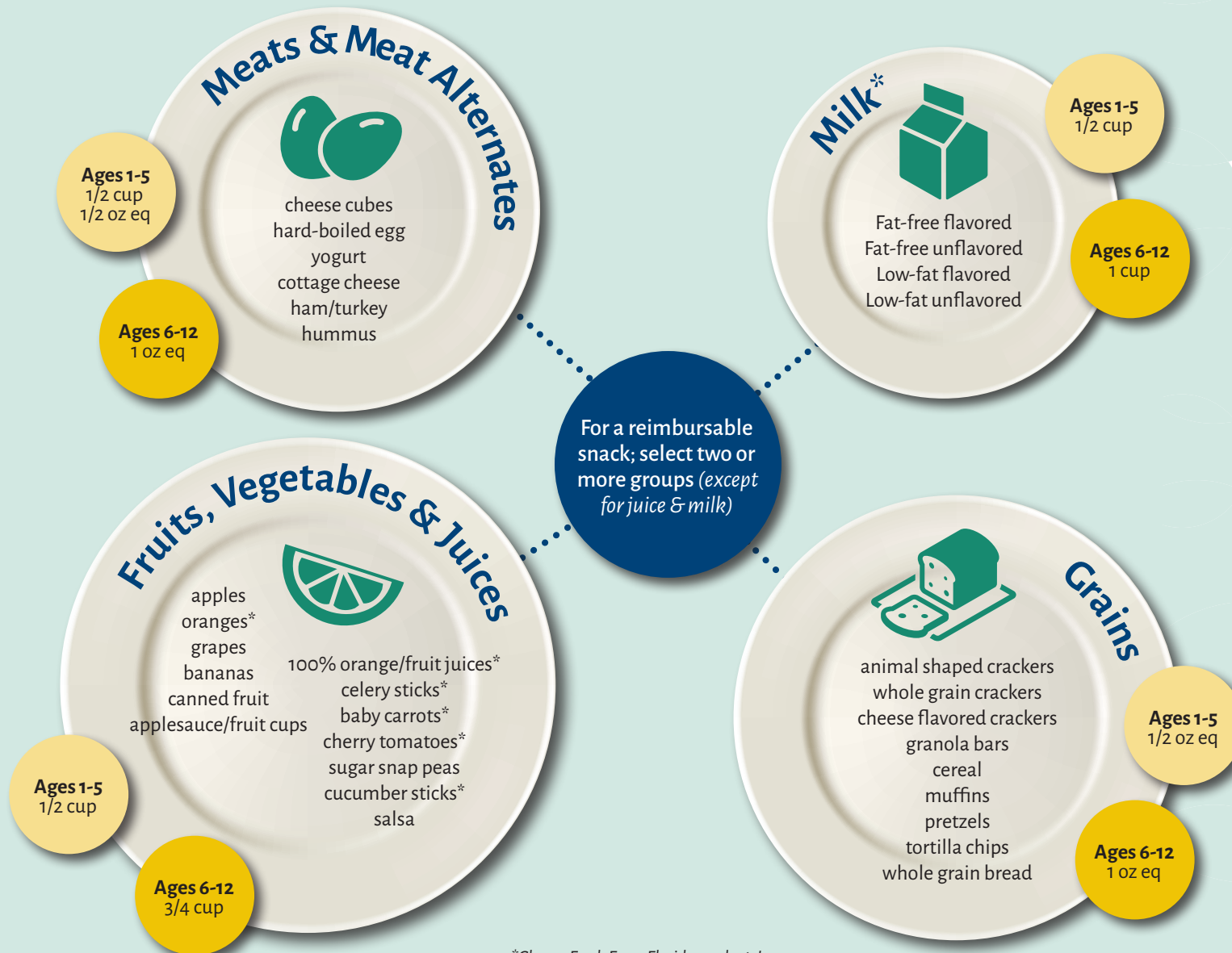


QUICK GUIDE



*Choose Fresh From Florida products!



What counts as an ounce equivalent?

Meats/Meat Alternates

- 1 oz sunflower seeds
- 1 oz peanuts
- 2 T peanut/almond butter
- 1/2 egg
- 1/4 cup hummus
- 1.25 oz ham/turkey
- 1 oz cheese

Grains

- 1 oz mini bagel
- 1 oz slice of bread
- 8 snack crackers
- 1 oz muffin
- 1 oz tortilla chips
- 1 cup cereal flakes

► Quick Tips to Step Up your Snack Game!

- Try to include either milk or juice at most snacks.
- Offer a variety of fruits and vegetables throughout the week.
- Offer whole grain or whole grain-rich foods whenever possible.

► Why is Snacking Important for Students?

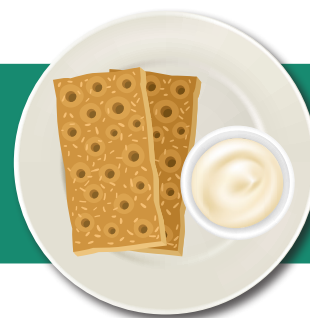
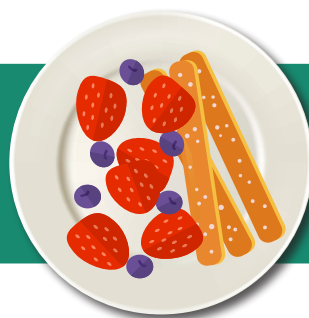
- Healthy snacking boosts brain power and gives students consistent energy throughout the day.
- Healthy snacking improves overall wellness, curbs cravings, and fights unwanted weight gain.
- For many children, school lunch can be the last meal they receive before going home. Providing After School Snack can help fill the food insecurity gaps.

Go for the Tried-and-True Classics

Apple and Cheese Stick
Cereal and Milk
Cheese crackers and Juice
Granola Bar and Milk
Pretzels and Cheese
Graham Crackers and Yogurt
PB&J Sandwich
Turkey/Ham Sandwich
Animal Crackers and Milk
Orange Wedges and Pretzels

Or Think Out of the Box!

Trailmix (peanuts/sunflower seeds + raisins)
Chips and Salsa
Cucumber/Carrot sticks with Yogurt “dressing”
Pretzels/Pita Chips and Hummus
Muffin with Yogurt or Cheese
Banana with Peanut/Almond Butter
Celery and Peanut/Almond Butter
Yogurt and Applesauce “Smoothie”
Yogurt and Canned Peach Parfait



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