Classroom parties buzz with excitement — followed by a sugar crash. That’s anything but fun and games. Want to keep the kids healthy and energized? There are plenty of healthy snacks you can send into the classroom that are quick-to-fix, healthy and budget-friendly. Below are 20 ideas for healthy snacks that will provide a snack for 25 students.

- Applesauce
- String cheese
- Popcorn
- Clementines
- Bananas
- Apples
- Small box of raisins
- Small bag of nuts*
  *Check your school’s nut policy
- Baby carrots
- Kiwis
- Fruit cups
- Squeezable yogurt
- Guacamole cups
- Granola bars
  Look for ones with less than 6 grams of sugar
- Freeze-dried fruit
- 2% milk boxes
- Mini water bottles
- Hummus cups
- Whole wheat crackers
- Greek yogurt popsicles

4 TIPS FOR READING LABELS

1. **Look for a minimal amount of added sugars.** Many labels now have this separated out, and lower is better. For a snack like a bar, aim for no more than 5-8 grams (and try to stay close to the lower range).

2. **Look at the first three ingredients.** If they’re things like whole grains, fruits, vegetables, nuts or another source of protein, that is a good sign. If it’s sugar, cane sugar, honey, sucralose or something related to sugar, pass them over.

3. **Choose whole grain products when possible.**

4. **Look for reduced sodium options.** Many snack foods are high in sodium, which can add up quickly.

Want to make your own? Find kid-friendly, easy snack recipes at ShapeYourFutureOK.com