

**Village School
Healthy Snacks and Beverages
Recommendations for on-campus celebrations**

We encourage celebrations that support child health and good nutrition and request that staff and families support these celebrations with healthy snacks and beverages. Below are some suggestions.

Fresh fruits and vegetables

Hummus

Popcorn

Dried fruit, seeds and nuts

Whole grain or multigrain crackers

Low fat cheese sticks

Salsa, guacamole, bean dip

Tortilla chips

Pretzels

Rice cakes

Baked goods that are made with whole grain flour such as pumpkin, banana or carrot bread

Fruit juice popsicles

Fruit juice with no added sugars

Mulled apple cider

Sparkling water

Look for items made with whole grains that are low fat, low sodium and have no added sugars or artificial dyes.