

Offer Healthy Snacks

Overview

Due to challenges with school scheduling, it's not uncommon for students to eat an early or late school lunch. This can result in kids being hungry during or after the school day, and needing snacks to keep their busy bodies and minds going. In addition to nourishing bodies, snacks provide an opportunity to practice healthy eating habits.



Take Action

- Complete an inventory of snacks sold or served at school: Are snacks provided in the classroom? Does your school have a vending machine or a school store? Are students allowed to consume snacks in the classroom?
- [Host a taste test](#) to sample new snack options.
- Educate school staff and students about healthy choices through [posters](#), school news articles and the school announcements.
- Promote healthy snacks each month on a healthy bulletin board in the main office.
- Ask if the school can put a fruit bowl (instead of candy) in the front office, available for staff, students and parents to help themselves.