

SUGGESTIONS FOR HEALTHY SNACKS for HOME or CLASSROOM PARTIES

Northern Lehigh Wellness Advisory Council suggests we all promote healthy lifestyles. Here are some suggestions for delicious treats that are healthy and easy!

- Air-popped popcorn
- Variety of crackers
- Cheese sticks or cubes
- Breadsticks
- Pretzels
- Soft pretzels
- Fruit tray
- Fruit kabobs
- Dried fruit
- Apple sauce
- Fruit Pizza - graham cracker crust, cream cheese, then layered with fruit
- Sunflower seeds or pumpkin seeds
- Trail mix
- Veggies and low fat dip
- Miniature bagels, low fat cream cheese, butter and fruit spread
- Graham crackers
- Animal crackers
- Fruit sorbet
- Sugar free jell-o cubes
- Sugar free pudding
- Popsicles made with fruit juice

