



©2007. Terri Hill "Lunch Bunch"

Summer fun with fruit:

- Freeze seedless grapes for an easy summertime snack
- Fruit kabobs made with grapes, melon and strawberries are a fun easy snack — non-fat yogurt mixed with honey or vanilla makes a great dip
- Freeze 100% fruit juice with grapes or berries in ice cube trays, serve in sparkling water for a healthy fun summer beverage

Suggestions for Healthy Food Choices in Snacks

In light of the fact that childhood obesity and nutritional deficiency-related diseases are on the rise in the United States, we in the Berkeley community are obligated to promote and mentor healthy eating habits and balanced lifestyles through student education. Part of the Berkeley Unified School District (BUSD) Mission stated in the Integrated Policy for Nutrition Education, Physical Activity and Food includes improving the well-being of the entire community through teaching students ways to establish and maintain lifelong health through better eating habits and physical activity.

In keeping with this goal, the Policy adopted the stipulation that foods offered to students and BUSD employees during the day as snacks, incentives, or refreshments in school offices and on school grounds be as healthful and nutritious as possible. Teachers, administrators and parents who model healthy behavior increase the likelihood of having a positive influence on student behavior.

Recommended Beverages, Fresh Fruits & Vegetables and Snacks

Whenever possible, choose fruits, vegetables & beverages and snacks that are organically grown and are pesticide-, hormone-, and antibiotic-free.

Try the following healthy options:

- Water and sparkling waters
- Herbal teas (hot and iced)
- Pure 100 percent fruit juice and fruit juice blends
- Sparkling 100 percent fruit juice and fruit juice blends
- Blends of 100 percent juice and sparkling water
- Natural fruit-flavored waters
- Whole and freshly cut fresh fruit, local and seasonal
- Raisins and dried fruit
- Fresh vegetables served with low-fat salad dressing
- Ants on a Log – celery with peanut butter and raisins
- Yogurt parfaits made with fresh fruit
- Fresh fruit salad
- Fruit juice smoothies
- Any fruit or vegetable served as crudites
- Trail mixes (without roasted nuts)
- Fruit concentrate- and honey-sweetened yogurt with some granolas
- Real cheese and whole grain crackers
- Baked chips and salsa, guacamole, or bean dips
- Select granola, protein, or energy bars
- Select snack or nut bars (not roasted)
- Air-popped popcorn
- Raw nuts
- Compressed rice and grain cakes

July