



SNACK
TIME!



SNACKS VS TREATS – WHAT’S THE DIFFERENCE?

PES students have time for snack every morning. A healthy snack will provide nutrition to increase students focus, performance and energy. According to the American Dietetic Association, children are able to comprehend and retain information presented in the classroom at a higher rate when their bodies are fueled consistently.

But what is a snack vs a treat? A snack is a small, healthy mini-meal eaten between meals whereas a treat is food eaten for special occasions. Treats are often higher in sugar, fat and salt such as cookies and chips. Sugary snacks will cause blood sugar to spike and then crash leading to increased hunger and fatigue. We all enjoy treats sometimes but, most days, it is best to have a healthy snack.

Here are some snack ideas:

- Low-sugar, whole-grain breakfast cereal with milk
- Mix dry cereal with nuts, raisins and/or a few chocolate chips
- Baked chips
- String cheese, low-sugar yogurt, cottage cheese
- Nuts and raisins
- Cut-up veggies and hummus
- Whole-grain pretzels
- Fruit plain or dipped in low-fat flavored yogurt
- Popcorn
- Unsweetened fruit cups

PES is fortunate to have free fresh fruits and vegetables for our students available at snack time on Tuesday, Wednesday and Thursday.

As far as drinks go, the American Academy of Pediatrics recommends for children age 4-6, fruit juice should be restricted to 4 to 6 ounces daily; and for children ages 7-18, juice intake should be limited to 8 ounces or 1 cup a day. Water is a good, healthy choice!