



# Sports Snacks for Kids

Brought to you by:

**The Laurelhurst Elementary Nutrition Advisory Committee  
(LNAC)**

**"Eat Smart, Get Smart"**

Find us at: [www.seattleschools.org/schools/laurelhurst/nutrition/index.html](http://www.seattleschools.org/schools/laurelhurst/nutrition/index.html)

## Snacks

- Orange slices
- Frozen grapes
- Popcorn
- Granola Bars
- Graham Crackers
- Cantaloupe, honey dew melon or watermelon pieces
- Peanut butter pretzels (available at Trader Joes)
- Cut up bagels into halves or fourths, put cream cheese into some of them.
- Sunflower seeds in individual packets (available at Bartells) or make your own individual servings
- Dried fruit such as pears or apricots (available at Trader Joes)
- String cheese
- Cucumber coins sprinkled with a bit of salt
- Trail Mix
- Fruit Skewers - grapes, oranges, strawberries, melon wedges
- Bananas cut in half
- Fruit leather (Trader Joes has well-priced organic & non-organic ones)

## Drinks

- Bring a large bottle of water and small drink cups
- Juice boxes that contain 100% juice