YPSILANTI COMMUNITY SCHOOLS APPROVED SNACK LIST

*Please check labels for allergens.

**FRUIT**
(whole or chopped as age appropriate)

- Fresh:
  - Apple, orange, clementine, banana, pear, mango slices, watermelon slices, grapes, kiwi slices, nectarine, plum, peach
  - Dried:
    - Raisins, prunes, figs, dates
- Other:
  - Apple sauce, fruit cups

**VEGETABLES**
(Whole or chopped as age appropriate)

- Fresh:
  - Carrots, cucumbers, snap peas, broccoli, cauliflower, red pepper, tomato, celery, zucchini slices, edamame
- Dried:
  - Veggie straws, veggie chips
- Other:
  - Pickles

**WHOLE GRAIN FOODS**
(Look for "whole grain" or "whole wheat" in the ingredients list)

- Plain crackers
- Goldfish type crackers
- Popcorn
- Graham crackers
- Pretzels
- Mini-bagel
- Animal crackers
- Granola bar

**COMBO SNACKS**

- Veggie or Fruit wrap
  - whole grain tortilla, fruit or vegetables, cream cheese
- Yogurt and fruit parfait
- Celery sticks with sunflower seed butter and raisins
- Whole grain cereal
- Shelled sunflower seeds
- Dried fruit snack mix
- Whole grain crackers with cheese
- Black bean and corn with salsa

**REDUCED OR LOW-FAT DAIRY**

- Yogurt
- Cheese sticks
- Real cheese
- Cottage cheese

**DIPs & SPREADS**

- Hummus
- Veggie marinara
- Black bean dip
- Yogurt dip
- Sunflower seed butter
- Soy butter
- Salad dressing

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COORDINATOR OF WELLNESS & COMMUNITY RELATIONS:
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FOR MORE INFORMATION, PLEASE VISIT WWW.YCSCHOOLS.US
YPSILANTI COMMUNITY SCHOOLS • 1885 Packard Road | Ypsilanti, MI 48197
Non-food alternatives for rewards and fundraising may provide double benefits by limiting high calorie snacks and increasing physical activity.

for School Rewards
- Play favorite non-electronic game
- Physical activity
- Sit by friends
- Help teach class
- Eat lunch with the teacher
- School supplies
- Paperback book
- Free choice time at end of the day
- Read or have class outdoors
- Listen to an audio book/watch a video
- Trips to a treasure box filled with nonfood items, such as stickers, play tattoos, bubbles, jump ropes, puzzles, key chains, yo-yos, spider rings, charms, trading cards, pencil toppers, extra credit opportunities
- Coupons to video stores, music stores, movies (donated)
- Drawing for donated prizes among students who meet certain grade standards
- Free passes to school events and games

for Fundraising
- Organize events, such as a bike-a-thon, sled-a-thon, walk-a-thon, dance-a-thon, rock-a-thon or read-a-thon, for which sponsors pledge money by the mile, hour, or number of books/pages
- Charge for gift wrapping services during holidays
- Organize a fun run
- Dances (kids, father/daughter, family, Sadie Hawkins)
- Recycling cans, bottles, paper and cell phones
- Bowling/skate night

- Sell
  Magazines
  Holiday ornaments/wreaths/flowers
  Plants/flowers/bulbs
  Gift wrap/greeting cards/note cards
  Brick/tile/stone memorials to be placed on school property
  Mother's Day hanging baskets
  Valentine's Day carnation sale
  Cookbooks with recipes from teachers/students/community members
- Temporary tattoos
- Emergency/first-aid kits
- Picture frames
- Gift baskets
- Pedometers
- Balloon bouquets
- School spirit gear

The Board of School Trustees of Ypsilanti Community Schools and the Coordinated School Health Team support the health and well-being of all students and staff by promoting nutrition. Ypsilanti Community Schools adopted a policy that all school fundraising activities will only use foods and beverages that meet the requirements of the state beverage statute and the district's nutrition standards. Schools shall encourage fundraising activities that promote physical activity.