



# Healthy Snacks & Waste-Free Classroom Celebrations

## HERE ARE SOME IDEAS FOR REDUCING WASTE AND MEETING THE DEPARTMENT OF EDUCATION WELLNESS POLICY FOR SNACKS AND PARTIES

### Healthy Snack Basics

- Local fruits & veggies
- Granola without nuts
- Whole grain bread, cereal, crackers, flatbread, tortillas, muffins

### Add Protein for Lasting Power

- Low fat cheese
- Edamame (soybeans)
- Yogurt based dressings & dips
- Cottage cheese with fruit
- Hummus served with veggies, crackers or flatbread

### Hawai'i DOE Wellness Policy Snack Guidelines

#### PER SERVING

- Calories ≤ 200 Calories
- Total Fat ≤ 8 grams
- Saturated Fat ≤ 2 grams
- Trans Fat = ZERO
- Sodium ≤ 200 mg
- Dietary Fiber ≥ 2 grams
- Sugar < 8 grams, and not listed as the first ingredient



### Healthy Party Treats

- **WATERMELON CAKE** Layer watermelon slices with yogurt "frosting" and top with berry "sprinkles."
- **FRUIT KABOBS** Any seasonal local fruit you find always tastes better on a stick! Top it off with a slice of starfruit for more fun.
- **HEALTHY S'MORE** Top whole grain crackers with liliko'i butter and local strawberry slices.
- **'ĀINA IS "BIRDS NEST SALAD"** Bite-sized salad cups made from local veggies & all six plant parts! Visit our website for the recipe.
- **EASY BANANA SORBET** Freeze some local apple bananas with a little lemon juice, blend in a food processor, and pour in clean reused jars, or cups to serve.
- **EASY EDIBLE CANOE** Cut celery into 3 inch sticks tapering both ends to a point. Fill the boat with cottage cheese and fresh fruit.
- **MAGICAL MUFFINS** Mix grated zucchini and carrots into muffin batter. Check out "Deceptively Delicious" cookbook for recipe ideas.
- **APPLE OR BANANA CHIPS** For a crunchy twist on chips, bake thinly sliced apples or bananas in a 200° oven for a few hours until crispy.
- **FRUIT CREPE** Bring in the taste of France with sliced fruit on homemade crepes.
- **YOGI POPS** Mix yogurt, fresh fruit, and 100% pineapple juice in a blender, freeze, and enjoy!





## Create a Waste-Free Celebration Bin!

Second hand stores have lots of variety at great prices.



## Fruit and Herbal Water Recipes

In a large glass pitcher add sliced fruits, veggies and herbs from the garden. Fill with ice and filtered tap water to create a refreshing, low sugar drink. Use reusable cups for serving.

## Waste Free Tips

- ALWAYS REMEMBER THE 3R'S: Reduce, Reuse, Recycle.
- CREATE A "WASTE FREE CELEBRATION BIN" that includes reusable plates, cups, utensils, and cloth napkins. Keep on hand for classroom parties.
- BUYING IN BULK REDUCES WASTE. Avoid individually wrapped items such as candy and juice boxes.
- DITCH THE DISPOSABLE PLATES. Serve 'finger foods' like muffins or sliced fruit or use ti or banana leaves as plates. They are 100% compostable! If no compost bin exists at your school, start one!
- WHEN THINKING OF PARTY FAVORS, LESS IS MORE! Give useful favors such as pencils, pencil sharpeners, cookie cutters and crayons.
- SKIP THE BOTTLED WATER! Serve water or 100% fruit juice in reusable cups. (See right for great flavored water recipes.)
- For more tips, check out Kōkua Hawai'i Foundation's "Healthy and Waste Free Lunch Resource Guide," "How to Throw a Waste Free Party," and "How to Green Your Event" at [www.kokuahawaiiifoundation.org/resources](http://www.kokuahawaiiifoundation.org/resources)

## Food Allergies

Check with your school for information on students with food allergies or school-wide restricted foods.

The most common allergies are:

**Milk & other dairy products, eggs, nuts, soy, wheat, mango, and sulfur dioxide (on some dried fruits).**

### CUCUMBER COOLER

- 10 cucumber slices
- 2 lemon slices
- 3 sprigs of rosemary

### CITRUS SPLASH

- 1 large lemon, sliced
- 1 large lime, sliced
- 1 large orange, sliced

### PINEAPPLE EXPRESS

- 1 cup pineapple cubes
- 1/4 cup of mint leaves

### LIQUID SUNSHINE

- 3 large lemons, sliced
- 1/4 cup fresh lavender

*TIPS: Gently rub herbs between hands and place fruit and herbs in container prior to filling with water. Add a fresh herb sprig or fruit to each cup for a boost of flavor.*

## Healthy Drink Idea

For more beverage ideas, check out "Fruit and Herbal Waters: Flavors from the Garden" at [www.kokuahawaiiifoundation.org](http://www.kokuahawaiiifoundation.org)

## Hawai'i DOE Wellness Policy Beverage Guidelines

### RECOMMENDED BEVERAGES

- Water without flavoring, additives, or carbonation
- 100% fruit juice
- One percent (1%) or non-fat milk including lactose-free and soy beverages are recommended. (Flavored milk with no more than 22 g of total sugar per 8 oz. portion is allowed.)
- Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances