

HEALTHY SCHOOL STORE PRODUCT LIST

A healthy school store reinforces good nutrition and promotes a healthy school environment. School stores selling healthy items provide a great opportunity for students to practice making healthy food choices as well as develop money management skills. This list provides examples of healthy products that you can incorporate into your school store.

Healthy Snacks

Whole Grains

- Granola Bars
- Snack Mix
- Rice Cakes
- Baked Chips
- Pretzels
- Trail Mix
- Cereal Bars
- Fruit Bars
- Whole Grain Crackers

Fruits

- Apples
- Bananas
- Pears
- Oranges
- Dried Fruit
- Apple Sauce
- Fruit Cups in 100% Fruit Juice

Dairy

- Low-fat String Cheese
- Low-fat Pudding
- Low-fat Yogurt
- Greek Yogurt
- Frozen Yogurt

Vegetables

- Celery Sticks
- Carrot Sticks
- Snap Peas
- Cucumber Slices
- Zucchini Slices

Healthy Beverages

- Bottled Water
- Flavored Water
- Seltzer Water
- Low-fat Milk
- Fat-free Milk
- 100% Fruit Juice
- 100% Vegetable Juice

Wellness Corner

- Stress Balls
- Jump Ropes
- Sweat Bands
- Bouncy Balls
- Hand Sanitizer
- Pocket Sized Tissues

Remember:

Your school store should only operate during hours outside of school breakfast and lunch. Encourage students to eat healthy school meals!

Are you starting a school store for the first time?

Here are some steps to get you started:

- Determine a location for your school store. Establish a schedule with set dates and times for when the store will be open.
- Decide what your school store will use as currency.
- Review the **Smart Snacks Standards** Activity in Game On to learn about the types of items that can be sold at school during the school day.
- Check out the **Healthy School Store** Activity in Game On for more information and resources!

TIP!

Consider purchasing school supplies that feature images of fruits, vegetables, and physical activity.

- Erasers
- Rulers
- Pencils
- Pencil Sharpeners
- Pens
- Books
- Notebooks
- Markers/Colored Pencils

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