



Healthy Concession Ideas

- **Packaged Nuts: almonds, cashews, peanuts, walnuts**
- **Sunflower seeds or pumpkin seeds**
- **Trail Mix**
- **Low fat Chex Mix- small individual bags**
- **Granola Bars without trans fats**
- **Packages of (low fat, no trans fats) peanut butter crackers**
- **Low fat Graham Crackers**
- **Teddy Grams- small individual bags**
- **Wheat or whole grain crackers- small individual bags**
- **Small boxes of raisins or Craisins**
- **Individual bags of fruit snacks or tape**
- **Individual cups of natural applesauce**
- **Oatmeal raisin cookies, Fig Newton bars, Animal Crackers, Gingersnaps**
- **Fresh fruit: apples, bananas, pears, grapes, oranges**
- **Fresh veggies with dip**
- **Individual bags of pretzels without trans fats**

- Individual bags of baked chips, baked Doritos, baked Cheetos
- Unsalted soft pretzels served with mustard
- String cheese
- Fat free yogurt
- Fat free pudding cups
- Mini bagels
- Popcorn: freshly popped using canola oil
- Food items versus snacks: Grilled cheese sandwich (fat free cheese), soups, sub sandwiches, peanut butter (no trans fats) and jelly sandwiches, turkey hot dogs served on whole wheat buns, Chick-fil-A sandwiches
- Bottled water
- 100% fruit juice
- 100% vegetable juice
- Sports drinks (Select the smallest serving size to limit calories.)
- Hot apple cider

*** Ask your students to see what healthy snacks and foods they like. They may come up with more and better ideas!**

***Begin with a few small changes first. Replace the unhealthiest food with healthier choices. Then each week, make more changes until the entire concession stand is revamped with healthier options.**

***When possible, try to price the healthier choices at a lower price than the unhealthy choices.**

***Make sure you display the healthier options at eye level. Have some samples available for students to try before purchasing, if possible.**

***Remember...Most kids will buy and eat what is available. They want to spend their money on something!**