

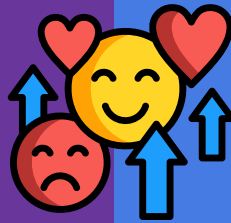
SMART SNACKS = STRONGER DAYS

Fuel You Can Throw in Your Backpack



Fuel early. Fuel smart.

Why Snacks Matter:



Healthy snacks can:

- Keep your focus sharp
- Prevent overeating later
- Support sports performance
- Keep mood more steady

Skipping snacks can lead to:

- Energy crashes
- Irritability
- Grabbing whatever junk is nearby

What to Look for on a Label



- At least 3–8 grams of protein
- Less added sugar
- Whole food ingredients you recognize

If sugar is one of the first ingredients — put it back.



Important: Check School Allergy Guidelines

Some schools are nut-free or have allergy restrictions.

Before packing snacks:

- Check your school's allergy policy
- Avoid sharing food
- **Choose seed-based options if nuts aren't allowed**

Quick Energy Boost

- Apples or bananas
- Dried fruit (raisins, apricots, mango)
- Whole grain granola bars
- Popcorn
- Pretzels + nuts*



Backpack-Ready Snack Ideas

Protein + Energy Combos

- Peanut butter sandwich or peanut butter crackers*
- Trail mix (nuts + seeds + dried fruit)*
- Roasted chickpeas
- Beef or turkey jerky
- Protein bar (low sugar)
- Nut butter squeeze packs + whole grain crackers*

Gluten-Free Options

- Rice cakes + nut butter*
- Corn tortilla chips + roasted nuts*
- Seed bars
- Nut-based snack packs*

The best snacks have 2 things:

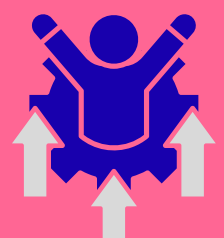
- ✓ Carbs for quick energy
- ✓ Protein or healthy fats to help you stay full



Bottom Line

Snacks aren't "extra."

They're fuel.



Smart snacks = better focus, better learning, better practices, better days.

Resources, more information:

Johns Hopkins University Well-Being

<https://wellbeing.jhu.edu/blog/2022/03/02/satisfying-grab-and-go-snacks/>

Healthline

<https://www.healthline.com/nutrition/snacks-for-teens#high-protein>

Hot Pan Kitchen

<https://www.hotpankitchen.com/gluten-free-snack-ideas-dont-refrigerated/>