

HEALTHY SNACK OPTIONS

Kids are more apt to eat foods they have helped prepare. Some may need exposure to foods multiple times before they develop a taste. Encourage kids to eat new foods. Don't get discouraged! You're important to their growth and development.

General Tips:

- Balance, Variety, and Moderation are key! Make a shopping list of options by food group: grains, vegetables, fruits, protein, dairy, and others.
- Let your children help plan and prepare snacks to provide a sense of accomplishment and ownership over their food.
- Limit the number of salty, high fat, and high sugar snacks.
- Use reusable containers to reduce waste.

Snack ideas:

- Slice veggies into coins, sticks or chunks—try cucumbers, carrots, zucchini, broccoli, radishes, or tomatoes.
- Spice-up traditional ants on a log. Try spreading peanut butter and adding chocolate chips, honey, raisins, or pumpkin seeds. For a peanut-free log use cream cheese with raisins.
- Slice veggies and/or fruits and put them on a kebob skewer.
- Hummus or dressing is a great complement to cut veggies.
- Fruit smoothies. If you have extra it can go in the freezer.
- Try freezing grapes, watermelon, or berries on a hot day.
- Dried fruits like raisins, cranberries or apricots.
- Homemade applesauce. For an extra treat dip gingersnaps or graham crackers.
- Handful of nuts or seeds.
- Granola with plain yogurt. Add a dab of honey or maple syrup for sweetness.
- Low-fat cheese sticks.
- Yogurt.
- Hard-boiled egg.
- Toasted whole grain breads or crackers with fruit spread or nut butters.
- Whole-grain crackers with cheese.
- Mini-rice cakes.
- Breadsticks or pita chips with hummus.
- Tortilla chips with salsa or bean dip.
- Add “hidden” nutrients to your kids’ favorite sweets: banana or zucchini bread, muffins, carrot cake, black bean brownies, or oatmeal cookies.