

## Try these great snack ideas

- Apples slices with peanut butter
- Baby carrots or cherry tomatoes with low-fat ranch dressing
- Low-fat cheese with crackers
- Celery sticks with peanut butter or low-fat cream cheese (top with raisins for ants on a log)
- Peanut butter on one slice of whole wheat bread
- Snack kabobs
- Graham cracker squares topped with peanut butter and a banana slice
- Grate cheese and sprinkle over a corn tortilla, then fold in half and microwave for 20 seconds



## Snack Quiz

1. Do you avoid snacks within one hour before a meal? Y / N
2. Do you have a bowl of fresh fruit or a container of cut vegetables available in the refrigerator? Y / N
3. Do you eat 2-3 snacks a day between mealtimes? Y / N
4. Do your snacks consist of brightly colored fruits and vegetables? Y / N
5. Do you limit high-calorie snacks including chips, candy, fried foods, and sodas? Y / N

If you answered NO to any of the questions, try incorporating those changes into your snacking routine! If you answered **YES** to all of the questions, you are doing a great job keeping your snacks healthy.



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**Healthy Snacking for Kids!**

A vertical graphic with a green border. At the top is a carrot. Below it is the word "Healthy" in multi-colored letters. Next is an orange and an avocado. Below that is the word "Snacking" in multi-colored letters. Then a corn cob and a bunch of celery. Below that is the word "for" in multi-colored letters. Then a pear and a bunch of celery. At the bottom is the word "Kids!" in multi-colored letters. At the very bottom are two children, a girl and a boy, both holding a green apple in their mouths and looking at the camera with their arms crossed.

# Why are healthy snacks so important?

Besides normal meals, it is important for children to have 2 – 3 snacks each day. Healthy snacking can fill the gap between regular meals, and help your kids to get all of the vitamins, minerals and energy they need to grow up healthy and strong!



## Great snacks for home or on the go

- Sliced fruits - like apples, cantaloupe, or strawberries
- Fresh veggies - cut into sticks or slices, and served with dip
- Low-fat yogurt
- Applesauce
- Low-fat cottage cheese
- Hard-boiled egg
- Sliced turkey, or other low-fat deli meat
- String cheese
- Dry cereal
- Graham crackers
- Whole grain crackers
- Pretzels
- Dried fruit



## Other helpful tips

- Avoid serving snacks too close to a meal, or your child may not be hungry at mealtime.
- Brightly colored fruits and vegetables may appeal more to your child.
- Snacks are a great time for options— let your child pick between two snack choices.
- Wash and cut vegetables ahead of time, so that they are ready when you need them.
- Keep fresh fruit on the counter, or keep veggies at eye level in the refrigerator so that kids can easily see them.
- Limit high-calorie snack foods like chips, fried foods, candy, ice cream, cakes, soda or other sugary drinks.



## Quick and easy snack recipes

### Yogurt parfait

#### Ingredients:

- 3/4 cup low-fat yogurt
- 1/2 cup fresh or frozen fruit
- 2 tablespoons granola

#### Directions:

Layer fruit and yogurt together in a cup. Top with a sprinkle of cereal and enjoy.



### Frozen fruit pops

#### Ingredients:

- ice trays
- foil
- popsicle sticks
- 100% fruit juice, canned or frozen

#### Directions:

If using frozen juice, first follow the directions on the can. Pour juice into ice trays. Cover tray with foil and put the popsicle sticks through the foil. Place in the freezer for 2-4 hours or until frozen.



### Snack pizza

#### Ingredients:

- tomato sauce
- mozzarella cheese
- whole wheat English muffin

#### Directions:

Spoon a few tablespoons of tomato sauce onto half of a whole wheat English muffin. Sprinkle with low-fat cheese and place in the oven at 350 degrees until the cheese melts.

