

# Kid-Approved Snacks Ideas

## Try these delicious, healthy snack ideas

- “Ants on a log” (celery with nut butter and raisins or chocolate chips)
- Cheese and crackers
- Yogurt and berries (fresh or frozen)
- Veggies and hummus or dip
- Apple “cookies” w/ nut butter and mini chocolate chips, granola, etc.
- Peanut butter and banana sandwiches or roll ups (in a tortilla)
- Cheese quesadillas
- Popcorn and cheese stick
- Tortilla chips and salsa
- Whole-wheat pita bread with hummus



## Tips for making snack time more enjoyable

**Have fun** - Use a cookie cutter to make shapes out of cheese slices, whole-grain bread or whole-grain tortillas. Skewer fruit kebabs or show your child how to eat diced fruit with chopsticks. Make a tower out of whole-grain crackers, spell words with pretzel sticks, or make funny faces on a plate using fruit.

**Promote independence** - Keep a selection of ready-to-eat veggies and cheese sticks or yogurt in the refrigerator. Leave fresh fruit in a bowl on the counter. Store low-sugar, whole-grain cereal, and fruit canned or packaged in its own juice in an easily accessible cabinet.



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