

51 SNACKS FOR KIDS



- Dry cereal and dried cherries
- Oat-O's, peanuts, and carob chips
- Shredded wheat, lowfat milk, blueberries
- Layered yogurt, granola, strawberries
- Skewered cantaloupe and cheddar cheese cubes
- Apple and cheese slices
- Banana dipped in PB
- Strawberries dipped in strawberry cream cheese
- Clementine and cheese stick
- Applesauce cup and graham crackers
- Baked potato, shredded Monterey Jack cheese, salsa
- Hummus and flat pretzels
- Hummus and baby carrots
- Tortilla with melted cheese (quesadilla)
- Banana or other fruited muffin and 6 oz. milk
- Toast with nut butter and banana
- Air popped popcorn
- Toast with butter and jam
- Tomato and cottage cheese
- English muffin with butter and honey (cantaloupe, watermelon, honeydew)
- Chocolate hazelnut butter and graham crackers
- Smoothie made with frozen berries, yogurt and milk
- Melon balls with a dollop of Greek Yogurt
- Mozzarella and tomato skewers
- Tuna fish salad and crackers
- Tossed salad with cheese cubes and dressing
- Avocado spread on whole grain crackers
- A cup of soup
- All fruit popsicle
- Chicken salad and green grapes
- Deli meat wrapped around a cheese stick
- PB and pretzels
- Cheese and crackers
- ½ sandwich and glass of 100% fruit juice
- Mini bagel and cream cheese
- Red grapes and cheese kabobs (pita, sauce, cheese and turkey pepperoni)
- ½ grilled cheese sandwich and vegetable juice
- Frozen yogurt popsicle
- Oatmeal and berries
- Snap peas, red peppers, Laughing Cow cheese
- Homemade trail mix (cereal, nuts, dried fruit)
- Low fat chocolate milk and whole grain crackers
- Coconut yogurt and mini chocolate chips
- Oatmeal cookies and milk
- Whole grain waffle with PB
- 100% Orange Juice popsicle
- Pepperoni mini pizza
- Celery sticks with cream cheese or nut butter
- Nuts and dried fruit
- Low Fat Ranch dressing and veggies
- Black olives and feta cheese

This list is generated to help you see the possibilities—that you don't have to go for chips, cookies and crackers all the time and that meal foods in smaller portions make quite a satisfying snack. And, there is quite a variety that can be offered—from soup to nuts, in fact!

Yes, it's easy and fast to offer convenient items, but these can be inconvenient to your child's health. Choose wholesome or homemade snacks with a little fiber, protein, and/or healthy fats for substance and staying power.