

time for a snack

Have planned, healthy snacks.

- Offer 1 snack between breakfast and lunch.
- Offer 1 snack between lunch and dinner.
- Offer 1 snack before bedtime.



fun snacks:

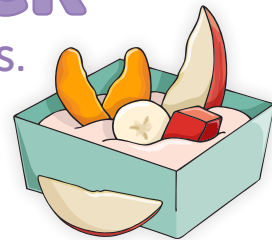
- Fruit kabobs - put chunks of soft banana, peach or strawberry on a pretzel stick.
- Cut a kiwi in half and eat with a spoon.
- Dip fruit in low fat yogurt. Dip cantaloupe or honeydew chunks, peach or pear slices, raspberries or strawberries.
- Dip apple slices in peanut butter and then dip in granola.
- Stack strawberry slices, kiwi slices and banana slices together.
Who can make the highest stack?

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