

fun kid snacks

Healthy snacking habits are made during the preschool years.

Snacks are not treats or sugary foods.

Snacks are healthy foods from the 5 food groups - milk, meat, fruits, vegetables and grains.

- Dip apple slices and banana chunks into flavored yogurt, and then dip in granola.
- Peel an orange and break into segments.
- Cut a kiwi in half and eat with a spoon.
- Dip graham crackers in applesauce.
- Canned peaches, pears, pineapple or mandarin oranges.
- String cheese - fun to pull apart and eat.
- Serve small slices of cheese with whole grain crackers.
- Make your own snack mix with a variety of low sugar breakfast cereals, pretzels, small crackers and dried fruit.



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