



Let's Get Snackin'!



Tips for Healthy, Kid-Approved Snacks!

- *Mix it up!* Put a variety of colors together so kids won't get bored
- *Get kids involved!* Have your child help prep snacks to get them excited about trying their creations
- *Have fun!* Use a cookie cutter to make shapes out of fruits, veggies, or whole grain bread



Remember!

- Aim for plenty of fruits and veggies
- Try to make half of your grains whole grains
- Don't forget about dairy!
- Make it a combo: combine food groups for a satisfying snack

Snack Ideas

- Peanut butter is great combined with apples or bananas!
- Dip dip hooray! Dip veggies in hummus or low-fat dip
- Yogurt mixed with fruit
- Whole grain crackers with cheese