

# HEALTHY SNACK IDEAS FOR KIDS

1. Chopped cucumbers, celery, carrots, broccoli, cauliflower, bell peppers and other veggies.
2. Healthy yogurt options with granola mixed in.
3. Banana and peanut butter rolled up in a wheat tortilla.
4. Cut or diced apples, oranges, pears, melon, watermelon.
5. Serve low in sugar applesauce options.
6. Homemade trail mix with popcorn, pretzels, dried fruit and nuts.
7. Cheese sticks
8. Whole grain toast with cream cheese, or nut butters.
9. Fruit salad
10. Smoothie with 1 veggie and 1 fruit. Use some spinach strawberries, blueberries, kiwi, mango or bananas.
11. Homemade popsicles. Freeze low in sugar yogurt, fruit juice or leftover smoothies.
12. 1 whole wheat or oats waffle or pancake - Freeze the leftover pancakes and use as a snack.
13. Homemade healthy muffins. You can even sneak in veggies and fruits into your muffins. Zucchini or spinach is a great veggie to sneak in.
14. Hummus or healthy veggie dips.
15. Diced apples with a nut butter or fruit dip.
16. Cottage cheese with fruit then drizzled with honey.
17. Small bowl of oatmeal with strawberries.
18. Hard boiled egg
19. Turkey or beef jerky
20. Lettuce roll ups with a slice of deli meat and mustard.
21. Small serving of sweet potato fries.
22. Make fruit kabobs.
23. Apple & peanut butter sandwiches- Use thin apple slices then add peanut butter and sprinkled with granola in between.
24. Protein balls
25. Cucumber sandwiches with cheese and pepperoni.