Get munching on healthy snacks!

Let’s Get Snackin’!

Tips for Healthy Kid-Approved Snacks!

- Mix it up! Put a variety of colors together so kids don’t get bored
- Get kids involved! Having your child help prep snacks will get them excited about trying their creations
- Have fun! Using a cookie cutter to make shapes out of fruits, veggies and whole-grain bread will be sure to make them smile

Remember!

- Aim for plenty of **fruits and vegetables**
- Use **whole-grains**
- Power up with **lean protein foods**
- Don’t forget about **dairy**!

Snack Ideas

- Fruit salad - combine a variety of fruit for a rainbow of color!
- Peanut butter is great combined with apples, bananas, and celery!
- Baby carrots or other veggies with hummus
- Low-sugar, whole-grain dried cereal mixed with fruit and nuts
- Unsweetened applesauce
- Yogurt mixed with fruit and nuts
- Whole-grain crackers with cheese

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