

HEALTHY SNACK IDEAS

Applesauce Cups

Bananas, cut in ½ (leave skin on so kids can peel it)

Breakfast Bars (or mini bite-sized breakfast bars)

Canned Fruit Cups (packed in fruit juice, not syrup)

Cheese Sticks

Fresh Fruit/Veggies (Cut up ahead of time): melon, strawberries, blueberries, carrots, peppers, celery, etc. (Tip: Golden Delicious apples do not turn brown as fast as the other varieties when cut up ahead of time).

“Going Fishing” for Goldfish Crackers with Pretzel Rods or Breadsticks and Cheese

Graham Crackers

Granola (without nuts)

Granola Bars (without nuts or peanut butter)

Ham, Turkey or Cheese (cut into cubes)

Mini Bite Sized Bagels with Cream Cheese

Mini Muffins

Mini Sandwiches (bologna, cheese, jelly)

Pasta, Cooked (take advantage of the variety of colors and shapes)

Popcorn

Raisins (kids love the little individual boxes)

Rice Cakes

Small Yogurt Cups

Trail Mix with Cereal, Dried Fruit, Pretzels, Goldfish (make up ahead of time and store in snack sized ziplock bags)