

Ideas For Healthy Kids – SNACKS

Kids will choose healthy snacks if they are on hand in your kitchen and refrigerator. Here is a list of some foods to add to your shopping list that are healthy and easy for children to grab.



MILK

Low-fat or skim milk, flavored milk, yogurt smoothies, yogurt, low-fat cubed cheese, string cheese



PROTEIN

Peanut butter or other nut butters, nuts, sunflower butter, turkey slices, hard cooked eggs, ham slices



GRAIN

Whole grain mini bagels, whole wheat pitas, whole grain tortillas



FRUIT

Orange slices, grapes, bananas, 100% juice, raisins or other dried fruit, applesauce, apples, berries



VEGETABLE

Mini carrots, cucumber slices, colored pepper slices, grape tomatoes, celery

Banana Dog

1 whole wheat hot dog bun
2 tablespoons peanut butter
1 banana
2 tablespoons raisins



Peel the banana. Spread the peanut butter on the inside of the bun. Add the banana. Sprinkle with raisins. Eat like a hot dog.

Bean Wrap

1– 6 inch corn or whole wheat tortilla
2 tablespoons refried beans
2 tablespoons shredded cheese
1 large lettuce leaf
2 slices of tomato or 2 T salsa



Spread beans on tortilla. Place cheese, lettuce and tomato on top then roll up. For a warm treat, heat in toaster oven.

Un-Soda

Instead of soda try mixing your favorite 100% juice with equal parts of seltzer for a really great drink!

