



KID-PLEASING HEALTHY SNACKS

Help kids to help themselves to healthy snacks during and after school. Stock the pantry and fridge with nutritious foods that are convenient and good tasting. This will make packing a creative and healthy snack for school easy. Kids are also much more likely to choose healthy snacks after school when they are made readily available. Post this list on your fridge for a handy guide to mix and match:

CHOOSE 1-3 FOODS FROM THE DIFFERENT FOOD GROUPS TO MAKE UP YOUR OWN SNACK. HAVE FUN AND USE YOUR IMAGINATION!

MILK	MEAT	GRAIN	FRUIT	VEGETABLE
Ice cold milk	Peanut butter	Mini bagels	Orange Slices	Mini carrots/sticks
Flavored milk	Hard-cooked eggs	Tortillas	Apple Chunks	Red, yellow or
Drinkable yogurt	Nuts	Teddy grahams	Berries	orange peppers
Yogurt in a tube	Turkey slices	Mini pitas	Bananas	Cucumber spears
String Cheese	Ham slices	Mini muffins	Applesauce	Cherry/grape
Cubed cheese		Whole grain crackers	Raisins	tomatoes
Cheese slices		French toast	Peaches/Plums	
Pudding		Graham crackers	Grapes	
Frozen Yogurt		Dry cereal	Frozen 100% juice bars	
		Soft pretzels		

A WEEK OF SNACK IDEAS

Monday	Tuesday	Wednesday	Thursday	Friday
Mini graham spread with peanut butter or cream cheese apple a Thermos of milk	sliced cheese and crackers mini carrots	snack size yogurt sprinkled with low-fat granola banana	rollup a slice of turkey and cheese in a red bell pepper	shake up a thermos of milk, chopped strawberries, blueberries, a little vanilla pudding for red, white and blue smoothie

Make sure that your child is fueled with the energy to perform well in school. A hungry child can't learn. Snacking is an important part of a child's school day.