What can you do to be sure the children in your center eat healthy snacks?

Here are 10 ideas for healthy snacks:

**Instant Snacks**

1. Fruit slices (e.g. apples, peaches, bananas) dipped in yogurt or peanut butter

2. Raw vegetables (e.g. carrots, sugar snap peas, zucchini) or cooked vegetables with peanut butter, cottage cheese or plain yogurt

3. Whole wheat crackers, graham crackers, granola bars, oatmeal/low-sugar cookies or muffins

4. Healthy drinks: water, milk or 100% juice

**Snacks that need a little preparation**

5. “Bugs on a Log” - apple/carrot/celery sticks (cut to 3” long) topped with cream cheese and pineapple OR cheese and pimento OR peanut butter OR egg salad. Sprinkle on “bugs” - raisins, unsweetened cereal, sunflower seeds, or chopped peanuts

6. “Roll-Ups” - cut crust from slices of whole wheat bread, flatten the bread with a rolling pin (preschoolers can do this!), spread hummus, peanut butter, egg salad, cheese, or tuna salad on the flattened bread and carefully roll up to eat

7. Whole wheat toast or mini-whole wheat bagel with melted with fat-reduced cheddar cheese on top

8. Fruit and cheese kabobs - use cantaloupe, fresh banana, banana, and cheddar cheese cut into squares and place on sticks

**Snacks to make ahead**

9. Juicy Finger Blocks - follow directions for unflavored gelatin with 1 - 12 oz. can 100 % frozen juice concentrate (e.g. grape, apple, orange); refrigerate as directed and cut into fun shapes for eating

10. Freeze any 100 % fruit juice in small paper cups or ice cube trays and insert popsicle sticks. Freeze. Place under running water to remove popsicle. Also try blending yogurt with juice for popsicles.


Learn more!
Go to www.NorthernVirginiaHealthyKids.org to learn more about 95210 for Health™

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