

Healthy Snack Ideas

Making popsicles

Freezing 100% fruit juices (orange with pulp works best) in small Dixie cups with craft sticks
Freezing vanilla yogurt and cut up fruit

Vegetable ideas

Sweet potato fries
Zucchini sticks (cut into long sticks) dipped in ranch dressing
Vegetable Kabobs - let the kids make their own with cherry tomatoes, cheese cubes, cucumber slices
Sugar Snap peas
Cucumber sandwiches - cucumber slices, cream cheese & party rye bread
Celery & Carrots - with or without ranch dressing
Vegetable breads - zucchini bread, pumpkin bread
Salsa with tortilla chips

Fruit Ideas

Smoothies - with plain yogurt, orange juice, banana, frozen strawberries - try different combinations
Fruit Kabobs - grapes, bananas, melon, apples, etc.
Grapes - always cut in half (choking hazard)
Bananas
Melon cubes or balls
Berries
Apple slices
Pear slices
Orange wedges
Applesauce (Motts seems to have the "healthiest" ingredients)
Plums, Peaches, Nectarines
Raisins
Canned fruit in light syrup
Sugar free jello with fruit

Breads/Grains

Whole Wheat Crackers

Pretzels

Wiggly Worms - kids use pretzel stick & different fresh fruit to create "worms" to eat

Whole grain quesadillas - shredded cheese melted b/w two whole grain tortillas & cut up like a pizza

Whole wheat breads

Pita Bread

English muffins

Fruit or Vegetable breads - pumpkin, banana

Graham crackers

Rice cakes

Dry cereal (Cheerios and Life are good choices)

Cereal & milk

Vanilla wafers

Bagels with cream cheese

Protein Foods

Hard boiled eggs

Refried bean dip with tortilla chips

Yogurt

Cheese cubes

String cheese

"String cheese bug" - have kids apply pretzels as legs & raisins as eyes to the string cheese

Cottage cheese

Cheese kabobs

Sugar Free Pudding

DRINK OPTIONS:

Water

Milk

100% Fruit juice