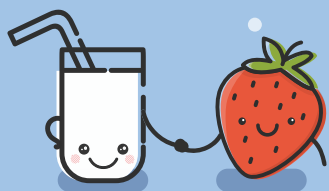


SMART SNACKS

(AGES 2-5)



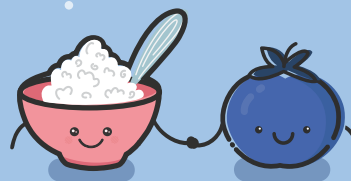
milk + berries

milk + whole grain cereal + sliced banana

milk + graham crackers

frothed milk + animal crackers

(warm or cold)



cottage cheese + canned peaches

cottage cheese + canned pears + cinnamon

whipped cottage cheese + whole grain toast + chopped fruit

cottage cheese + chopped vegetables

(peppers, tomatoes, cucumbers)



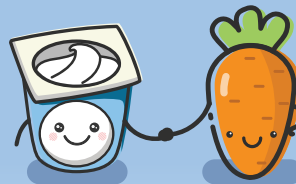
cheese + steamed vegetables

cubed soft cheese + thin apple slices

shredded cheese + scrambled eggs + diced tomatoes

shredded cheese + tortilla + salsa

(add to tortilla to make quesadilla)



yogurt + berries

yogurt + nut butter + sliced bananas

yogurt + oatmeal + chopped fruit

yogurt + frozen fruit

(blend to make smoothie)

TIPS: Younger kids need to eat 3 meals and at least 2 snacks a day.

- Choose foods with different textures and from different food groups.
- Offer the same types of foods that you eat at mealtime or leftovers from previous meals.
- Include high-protein foods like dairy or lean protein and high-fiber foods like fruits, vegetables or whole grains to help satisfy until mealtime.
- Serve fresh, frozen or canned foods - they can all be healthy options.
- Choose foods without added salt or sugar.
- Serve planned meals and snacks at consistent times. Offer snacks 1-2 hours after a meal ends and 1-2 hours before the next meal begins.
- Designate an “eating zone” at home and turn off screens.
- Finely chop foods into thin slices, strips, or small pieces to prevent choking and supervise snacktime.

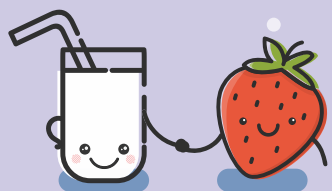
*Both regular and lactose-free dairy options have the same nutrient benefits.



Find more tips for feeding kids!

SMART SNACKS

(AGES 6-10)



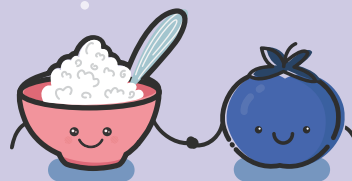
milk + berries + whole grain cereal

warm milk + cocoa powder + cinnamon

chocolate milk + banana muffin

milk + nut butter + fruit

(blend to make smoothie)

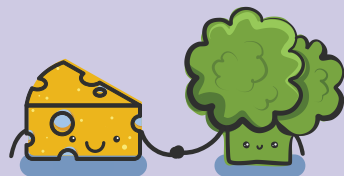


cottage cheese + berries + granola

cottage cheese + toast + diced vegetables

cottage cheese + sliced pears + cinnamon

whipped cottage cheese + everything bagel seasoning + pita crackers



string cheese + grapes

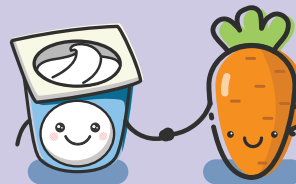
sliced cheese + sliced cucumber

string cheese + tortilla + salsa

(wrap and dip)

cheese cubes + cherry tomatoes + pretzel sticks

(make kabob)



yogurt + ranch seasoning + baby carrots

yogurt + pumpkin puree + nutmeg/cinnamon + apple slices

yogurt + taco seasoning + black beans + whole grain tortilla chips

yogurt + nut butter + celery

(mix into a dip)

TIPS: Older kids need to eat 3 meals plus 1-2 snacks a day.
(Number of snacks may depend on growth spurts or physical activity).

- Offer 1 serving from 2-3 different food groups to create a “smart snack” (whole grains, fruits, vegetables, low fat dairy and lean protein).
- Designate an “eating zone” at home and turn off screens.
- Include your child in choosing and preparing snacks.

- Space out meals and snacks to make sure kids eat at mealtime and serve at consistent times throughout the day.
- Be mindful of portion sizes and remember snacks are a “mini-meal.”

*Both regular and lactose-free dairy options have the same nutrient benefits.



Find serving sizes!