

Healthy Snack Ideas for Kids

Grains

Graham Crackers
Whole Wheat Toast
Whole Grain Crackers
Popcorn

Mixed

Graham Crackers w/ Peanut Butter
Carrot Sticks w/ Hummus
Celery Sticks w/ Peanut Butter
Whole Grain Tortilla w/ Peanut Butter & Honey
Cherry Tomatoes w/ Cottage Cheese
Fruit Smoothie
Cheese Rollup
Cucumber Slices w/ Hummus
Granola Bar (homemade are recommended)
Veggies or Whole Grain Crackers w/Bean Dip
Apple Slices w/ Peanut Butter
Trail Mix

Protein

Peanut Butter or Other Nut Butter
String Cheese
Hardboiled Egg
Cottage Cheese
Handful of Nuts
Greek Yogurt
Sliced Cheese
Skim Milk

Fruit

Apples	Frozen Grapes
Bananas	Frozen Blueberries
Pears	Mandarin Oranges
Grapes	Dried Cherries
Raisins	Dried Apricots
Peaches	Fresh Oranges
Berries	Fruit Leather

Vegetables

Carrot Sticks
Celery Sticks
Broccoli Spears
Cherry Tomatoes
Cucumber Slices
Pepper Strips