

Make Snack Time Fun and Healthy

Fill the Hunger Gap with Smart Snacks

Young children have tiny tummies. They fill up quickly at meals so they need to eat often – usually 3 meals and 3 snacks a day. It can be tempting to offer chips, cookies or other unhealthy snacks because they are quick and easy. But healthy snacks can be quick and easy too! So toss out the junk food and start making snack time a fun, healthy family time!

Snacks help your children get the foods they need to grow up smart and strong.

FIVE SECRETS TO SMART SNACKING FOR KIDS

Variety is the Key!

Choose one or two foods from the grain, dairy, fruit, vegetable or meat/bean food groups.

1

Fill Those Tummies Often.

Offer snacks between meals and before bedtime.

2

Save Time.

Make snacks ahead of time so kids can just grab one and go.

3

Keep a Snack Stash!

Keep some healthy snacks and water bottles in your purse or diaper bag so you are always ready for hungry kids.

4

Treat Snacks Like a Mini-meal when at Home.

Serve them at the table and sit with your child.

5



8 Quick and Easy Snacks

1

Try dry cereal in a bag for on the go or with milk at home.

2

Provide a rainbow of colorful raw vegetables.* Add some cheese slices or cubes for variety.

3

Boost the whole grains with a cheese crisp using a corn or whole wheat tortilla!

4

Fun and full of calcium, string cheese is easy and delicious.

5

Roll up some sliced turkey or lean ham for a quick protein snack.

6

Toast a whole wheat bagel and add some peanut butter for a yummy and healthy nibble.*

7

Grab a yogurt and a spoon for a super fast calcium break.

8

Keep whole or sliced fruit ready for a speedy sweet snack.

**Some foods that are round, hard, small, thick, slippery or sticky may cause choking and should be avoided, cut lengthwise or cut in small pieces*

PERFECT PARFAIT

- 6 oz lowfat vanilla yogurt
- 1 cup fresh fruit (any kind)
- 1 cup whole grain WIC cereal

Wash fruit and slice into bite sized pieces. In two tall glasses, layer yogurt, fruit and cereal until the glass is full. Serve right away and enjoy!

