

HEALTHY SNACKING TIPS FOR FAMILIES

Snack time is a great time to introduce healthy foods and encourage healthy future eating habits. Here are a few tips to make snack time healthier for you and your kids:

1. Offer a variety of different fruits and vegetables. Cut and store produce in advance for future convenience.
2. Let kids help choose and prepare food. Try something simple and fun; for example, cut cheese and sandwiches with cookie cutters.
3. Limit the amount of junk food in the house and make healthy snack options easily accessible.

HEALTHY SNACK IDEAS

- > **Trail mix**
- > **Frozen grapes**
- > **Peanut butter with celery or apples**
- > **Yogurt with fruit and granola**
- > **Hummus with vegetables or whole grain crackers**
- > **String cheese with whole grain crackers**
- > **Cheese quesadilla - add veggies inside**



THREE EASY STEPS TO MAKE YOUR OWN HEALTHY TRAIL MIX

LET YOUR KIDS CHOOSE THEIR FAVORITE INGREDIENTS!

1

CHOOSE A
GRAIN



Pretzels, Popcorn,
Granola, Oats,
Whole Grain Low
Sugar Cereal

2

CHOOSE A
FRUIT



Raisins, Craisins,
Banana Chips,
Dried Fruit
(Mangos, Cherries,
Pineapple)

3

CHOOSE A
PROTEIN



Almonds, Cashews,
Walnuts, Peanuts,
Soy Nuts,
Sunflower Seeds,
Pumpkin Seeds

Chocolate chips, unsweetened coconut flakes, or
dried yogurt can be added for some extra sweetness.



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