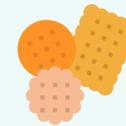


# Snack Ideas for Kids



## Instead of:



## Try:



White bread or sweet bread with Nutella

Whole wheat bread or rice cake with avocado or nut butter

## Instead of:



## Try:



Store-bought popsicles or creamy, rich ice cream

Homemade frozen fruit bars or plain yogurt with fruit



Protein bars or shakes

Hard boiled egg, string cheese, or tuna with crackers



Chips, regular crackers

High fiber crackers, popcorn, or fresh veggie sticks



Pre-packaged granola bars, pre-made trail mix with added salt and candy

Homemade granola bars and trail mix with unsalted nuts, dried fruit, and mini pretzels



Packaged condiments/ sauces: cheese dip, Ranch or French dressing, sour cream

Hummus, avocado spread, cottage cheese, homemade yogurt-based sauce or salsa



Candy, mini muffins, cupcakes, cookies

Fresh or frozen seasonal fruit



Sugary drinks: CapriSun, Kool Aid, Sunny D, Iced Teas

Water, milk, homemade fruit/veggie smoothie

## Trail Mix Recipe: Mix and match to create your own trail mix for your kids! Here's what you'll need:

### Carbohydrates

(choose at least 1)

- 1/2 cup any high fiber cereal (like multigrain Cheerios)
- 1/2 cup shredded wheat squares
- 1/2 cup popcorn
- 1/2 cup whole grain pretzels



### Shelf-stable fruits and veggies

(choose at least 1)

- 1/4 cup dried fruits (like raisins, apricots, or cranberries)
- 1/4 cup banana, apple, coconut, or veggie chips
- 1/4 cup snap pea crisps



### Healthy fats and proteins

(choose at least 1)

- 1/4 cup nuts of choice (like cashews, peanuts, walnuts or almonds)
- 1/4 cup roasted soybeans or chickpeas
- **1/4 cup pumpkin or sunflower seeds for nut allergy**

**How to make:** Pick at least 1 food from the lists above. Add a small amount of each to your container or snack bag and mix gently. Take it on-the-go in a **resealable snack bag**, or serve it at home!

## Energy Bites: Makes 20 servings

Recipe adapted from allrecipes.com



### What you need:

- 1 cup old-fashioned oats
- 1/2 cup peanut butter or any nut butter
- 1/2 cup ground flax seed
- 1/2 cup cranberries, dates, raisins
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

### How to make:

1. Combine all ingredients. Cover and chill in the fridge for 30 minutes.
2. Remove chilled dough from fridge. Roll into 20 one-inch balls.
3. For bars, press dough on a parchment-lined baking sheet. Cut into bars.

## For kids with nut allergies, try these nut-free snack ideas!

Adapted from Nutrichicos



Popcorn



Dry-roasted edamame



Apple chips



Whole wheat tortilla or rice chips with hummus, avocado or bean dip



Crackers and cheese