

HEALTHY SNACKS FOR HOME & SCHOOL



Grab A Healthy Snack!

Smart snacking is a great way to keep energy levels high and constant, satisfy hunger, gives your body nutrients it needs, & to help keep your mind and body alert.

Grain, Meat, Beans & Nuts

- ❖ Whole-Grain Crackers with Cheese or Peanut Butter
- ❖ Whole-Grain Cereal with Milk
- ❖ Flavored Rice Cakes (caramel or apple cinnamon), with Peanut Butter
- ❖ Baked Potato chips, or tortilla chips with salsa
- ❖ Popcorn— Air Popped or low-fat microwave
 - ❖ Pretzel Sticks and a Glass of Milk
 - ❖ Trail Mix with Nuts and Dried Fruit

Milk, Yogurt and Cheese

- ❖ String Cheese & Fruit
 - ❖ Milk or yogurt smoothies with Juice and sliced bananas or strawberries
- ❖ Cottage Cheese or Yogurt with fruit
- ❖ Fat-free or 1% Milk

SPACE SNACKS FAR ENOUGH AWAY FROM MEALS SO APPETITES ARE NOT SPOILED

Fruit & Vegetables

- ❖ Raw Vegetables with low-fat yogurt dip, cottage cheese, or hummus, Baby Carrots, Celery Sticks, & Cucumbers Slices
- ❖ Apples & Cheese-Pears and other fresh fruits work, too!
- ❖ Snack-Size Applesauce
- ❖ 100% Fruit Juice Box