



# Healthy Snacking Tips

- 1 Offer a variety of different fruits and vegetables.  
Prep and store produce for easy access.
- 2 Let kids help choose and prepare food.
- 3 Make healthy snack options easily accessible.

## Healthy Snack Ideas

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

# 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,  
Low-Sugar Whole Grain 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.

