

HEALTHY SNACKS FOR KIDS

- Cheese sticks with whole grain crackers
- Celery sticks with peanut butter or cream cheese
- Hardboiled egg
- Whole grain roll-up with turkey, cheese, tomato, lettuce, cucumber, mustard or light mayo
- Fresh fruit or fruit canned in water or 100% juice – no syrup
- Fruit sliced in yogurt (*with or without nuts*)
- Frozen yogurt with sliced fruit/berries
- Mini pizza (*drizzle a whole wheat English muffin with tomato sauce, sprinkle with cheese and toast*)
- Fruit and ¼ cup nuts (*walnuts, almonds, pecans, cashews, brazil nuts, peanuts*)
- Peanut butter and apple slices
- Peanuts in the shell
- Popcorn
- Fresh veggies with low-fat ranch dressing, cottage cheese or hummus (*carrots, cucumbers, celery, broccoli, cherry tomatoes, cauliflower, bell peppers,)*)
- Sandwich with whole grain bread, turkey, cheese, lettuce, tomato, mustard
- Smoothie (*blend 2% or 1% milk or water, frozen strawberries and a banana*)
- Whole grain breakfast cereals with yogurt or milk
- Bruschetta (*toast some whole grain bread, top with fresh chopped tomatoes and basil, season with 1 tsp olive oil and a pinch of salt*)
- Whole grain waffle topped with low-fat yogurt and sliced peaches
- Greek yogurt
- Whole grain crackers
- Whole grain pita with hummus

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FRUIT KABOBS

Ingredients:

Pretzel sticks
Seedless grapes
Low fat cheese cubes

Slide one cheese cube and one grape onto one pretzel stick. If there is room, place second grape on the other side of the cheese cube. Repeat steps to assemble preferred number of kabobs.

PB&B SANDWICHES

Ingredients:

1 whole wheat dinner roll
1 Tbsp creamy peanut butter
½ banana

Slice one whole wheat dinner roll in half. Spread peanut butter on both halves of dinner roll. Slice banana. Place banana slices on top of peanut butter on one half of roll. Close sandwich with other half of the roll.

WATERMELON POPS

Ingredients:

Seedless watermelon
Popsicle sticks

Slice watermelon into 3–4 inch triangle pieces. Use knife to poke small hole in rind. Push popsicle stick into hole until it pierces watermelon. Lay assembled pop on tray or pan. Repeat steps to create desired number of watermelon pops. Upon completion, place pan of pops in freezer and freeze for at least two hours. Remove pan from freezer and enjoy.



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