

# Healthy Snacks for Home & School

*Smart snacking is a great way to meet daily nutrient requirements that may be missed at meal times.*

## Expertise in Matters of the Heart

Children may need snacks to help them get enough calories (energy) throughout the day. So, choosing healthy foods that add nutrients, like vitamins and minerals, to their diets is essential.

### QUICK AND NUTRITIOUS SNACK IDEAS:

#### Fruits and Vegetables

Raw vegetables with low-fat yogurt dip, cottage cheese or hummus

Baby carrots

Celery sticks

Cucumber slices

Apples and cheese – pears and other fresh fruits work too

Snack-size applesauce

Frozen fruit bars

Trail mix with nuts and dried fruit

100% fruit juice box



#### Dairy

String cheese and fruit

Milk or yogurt smoothies with juice and sliced bananas or strawberries

Low-fat cottage cheese or yogurt with fruit (fresh or canned)

Low-fat ice cream or low-fat frozen yogurt with fresh fruit

Fat-free or 1% milk

Fat-free or 1% flavored milk (chocolate or strawberry)



#### Grains

Whole-grain crackers with cheese or peanut butter



Whole-grain cereal with milk

Flavored rice cakes (like caramel or apple cinnamon), with peanut butter

Baked potato chips, or tortilla chips with salsa

Popcorn – air popped

Pretzel sticks and a glass of milk

Vanilla wafers, gingersnaps, graham crackers, animal crackers, fig bars or raisins and a glass of milk

Visit [www.mealsmatter.org](http://www.mealsmatter.org) for FREE tips, interactive nutrition assessment tools, easy-to-prepare recipes, meal suggestions and more.

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