

## Healthy Snacks for Kids

Children should eat healthy snacks between meals if they are hungry. Here are some good examples.

- Low fat milk or low fat cheese
- Fruit smoothies with low fat milk or yogurt
- Whole grain crackers
- Peas, beans, cherry tomatoes, baby carrots
- Whole wheat pretzels, plain popcorn
- Vegetables with low fat ranch dip or hummus
- Cubed fruit, dried fruit, or grapes
- Apple slices with peanut butter



### Ways to encourage your children to snack on veggies:

Kids learn from watching you. Set an example and eat your own vegetables. By eating your vegetables you're teaching your children a valuable lesson.

Help children take an interest in vegetables. You can plant a small vegetable garden together, or explain different vegetables in the grocery store. "Did you know that carrots grow underground?"

Kids are more likely to eat things they pick out. Let them choose their very own vegetable to try. "Should we have carrots or broccoli?" Keeping them involved will help them make better food choices when they're older.



### Important Health Tips

These snacks pack well in small plastic bags for school and trips.

Clean out your pantry of foods like: chips, cookies, candy and cupcakes.

Just because the package has a picture of fruit it does not mean it's healthy.

Make water available throughout the day.

**Remember:** Don't buy junk food or processed snacks! If it's not in the house children will not eat it.