

# SNACKS FOR KIDS



Snacking is important for children to help keep their small tummies full. Offer 2 to 3 small snacks each day to help keep them happy and healthy. Follow these SMART guidelines for healthy snacking.

## **S - SIT DOWN AND FOCUS**

Have a regular time and place for snacks. This allows children to focus on food and notice their feelings of hunger and fullness.

## **M - MAKE FOOD GROUPS COUNT**

Select a variety of foods from the food groups to make snacks into mini-meals for your child. The goal is for snacks to contain 2-3 of the 5 food groups.

## **A - AIM FOR PROPER PORTIONS**

Offer snacks in small portions and if your child is still hungry, they can have more.

## **R - RETHINK YOUR DRINKS**

If a child sips milk, juice or sweetened drinks throughout the day, they may not be hungry for meals. Encourage your child to drink water.

## **T - TIME YOUR SNACKS**

Space snacks throughout the day. Limiting snacks about two hours before meals helps create a healthy appetite.



## QUICK SNACKS:

- Fresh fruit (serve bite-sized for small children)
- Yogurt
- Cereal
- Animal crackers
- Graham crackers
- Cheese
- Hard-boiled eggs
- Toast
- Raw vegetables\*
- Popcorn\*
- Raisins\*

*\*for children over 3 years of age*

## COMBO SNACKS:

- Celery topped with peanut butter and raisins\*
- English muffin topped with spaghetti sauce and shredded cheese
- Toast topped with peanut butter and sliced bananas
- Yogurt with berries and small pieces of granola
- Half a sandwich with apple slices
- Cheese and whole grain crackers
- Raw carrots with ranch dip\*

*\*for children over 3 years of age*

