



## South Central Idaho Action for Healthy Kids.

Children need snacks to keep their busy bodies and minds going. Not only do snacks provide energy for growing bodies, but they present an excellent opportunity for children to consume healthy foods to get all the nutrients for growth and learning.

A snack box will help your child choose healthy snacks. You might put one snack box in the refrigerator and another in the cupboard. Remember, parents or adults choose what goes in the box and children choose what they would like to eat from the box.



### Tasty Healthy Snacks for Kids

1. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”
2. Mix together ready-to-eat cereal, dried fruit, and nuts in a sandwich bag for an on-the-go-snack.
3. Smear a scoop of frozen yogurt on two graham crackers and add slices of banana to make a yummy sandwich.
4. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries or any fruit.
5. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
6. Make snack kabobs. Put cubes of low-fat cheese and grapes or other fruits on pretzel sticks.
7. Spread peanut butter on apple slices.
8. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie. (You could add yogurt and use different fruits.)
9. Toss dried cranberries and chopped walnuts in instant oatmeal.
10. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
11. Spread mustard on a flour tortilla. Top with slice of turkey or ham, low-fat cheese, and lettuce. Then roll it up.
12. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
13. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.

### Dip It! Bonus Snacks

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing or hummus.
- Dip strawberries or apple slices in low-fat yogurt.
- Dip pretzels in mustard.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip.
- Dip animal crackers in low-fat pudding or yogurt.
- Dip breadsticks in salsa.
- Dip a granola bar in low-fat yogurt.



# Healthy Snacks

Freeze extra grapes and peeled bananas in a sandwich bag. Once frozen they are a refreshing and healthy treat.

- Low-Fat/Fat-Free Yogurt (4 ounces)  
Orange (1 medium)  
Water
- Granola Bar (1 serving)  
100% Fruit Juice (¾ cup)
- Alphabet-Shaped Pretzels (1 package)  
100% Orange Juice (¾ cup)
- Apple Slices (1 apple)  
Caramel Dip (1 ounce package)  
Low-Fat/Fat-Free Milk (1 cup)
- Popcorn (1 cup popped)  
100% Apple Juice (¾ cup)
- Cheese Crackers (4 count)  
Low-Fat/Fat-Free Milk (1 cup)
- Low-Fat/Fat-Free Chocolate Milk (1 cup)  
Mini bagel (0.9 ounces)  
Peanut Butter (1 ounce)
- Low-Fat/Fat-Free Milk (1 cup)  
Carrot Sticks/Pepper Strips (¾ cup)  
Low-Fat Ranch Dressing (2 tablespoons)
- Graham Crackers (3 count)  
Low-Fat/Fat-Free Milk (1 cup)
- Muffin (1 small)  
Cantaloupe and Grapes (¾ cup)  
Yogurt dip for fruit
- Low-Fat/Fat-Free Yogurt (4 ounces)  
100% Orange Juice (¾ cup)
- Soft Pretzel (1 serving)  
Low-Fat/Fat-Free String Cheese (1 ounce)  
Water
- ½ Peanut Butter Sandwich  
100% Apple Juice (¾ cup)
- Grilled Ham and Cheese Sandwich (1 slice of bread, 1 ounce low-fat/fat-free cheese, 1 ounce ham)  
Water
- Low-Fat/Fat-Free Mozzarella String Cheese (1 ounce)  
100% Fruit Juice (¾ cup)

- Blueberry Muffin (1 serving) or other small muffin  
Low-Fat/Fat-Free Chocolate Milk (1 cup)
- Sugar-free pudding (½ cup)  
Banana (½)  
Water
- Trail mix (2 Tablespoons)  
Low-Fat/Fat-Free Milk (1 cup)
- Low-Fat/Fat-Free Chocolate Milk (1 cup)  
Mixed Fruit in Light Syrup (¾ cup)
- Low-Fat/Fat-Free Chocolate Milk (1 cup)  
Banana (1 medium)
- Banana (1 medium)  
Cheese and Peanut Butter Crackers (1 pack)  
Water
- Ham Sandwich (1 ounce ham, 1 slice bread)  
100% Orange Juice (¾ cup)
- Tiny Twist Pretzels (1 serving)  
Low-Fat/Fat-Free Milk (1 cup)
- Whole Wheat Crackers (8 crackers)  
Carrots/Fresh Green Beans (¾ cup)  
Low-Fat Dip for Vegetables  
Water
- Red Delicious Apple (1)  
Teddy Grahams (1 package)  
Low-Fat/Fat-Free Milk (1 cup)
- Corn Tortilla (1 small)  
Monterey Jack Cheese  
Top with Salsa

Raw vegetables make great snacks: carrots, broccoli, celery, peppers, radish, cucumbers, cauliflower. Use peanut butter, hummus, or yogurt as a dip.



Information from: University of Idaho, American Dietetic Association, and Action For Healthy Kids

SCPHD: 02/2011