

Snack Tips



Children need snacks:

- To prevent overeating at meal time
- To add more nutrients to their diet
- To promote brain growth



Plan snacks that are:

- High in fiber
- Low in saturated fat
- Limited in added sugar



More Tips:

- Offer snacks up to three times a day
- Offer fresh, frozen or canned fruits instead of “sweets”
- Drink water after snacking



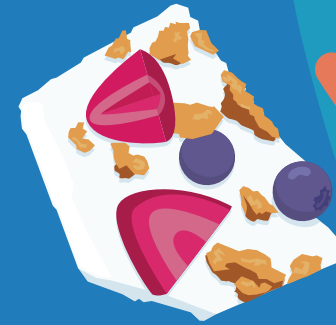
Simple Healthy Snacks:

- **Tri-color veggie snack:** baby carrots, tomato slices, cucumbers with 2 tbsp of hummus for dipping
- Six whole-wheat crackers with low-fat string cheese
- 1/2 cup of yogurt with 1/2 banana
- Apple slices and 7 cheese cubes

Frozen Yogurt Bark

Ingredients

- 1 ½ cups low-fat vanilla yogurt
- ½ cup fresh, sliced strawberries
- ½ cup fresh blueberries
- ½ cup granola or dry cereal



Instructions

- Line a rimmed baking sheet with parchment paper
- Spread yogurt evenly, about ¼ inch thick, onto the baking sheet in a rectangular shape
- Sprinkle the strawberries, blueberries, granola and/or dry cereal on top of the yogurt
- Place in the freezer for 3 hours or until yogurt is frozen
- Cut or break into 16–20 pieces and serve
- Store leftover bark in the freezer in a freezer bag for up to 3 months



Fun Tip: Let your kids help in the kitchen with food prep. This can be washing fruits and vegetables or pouring and mixing ingredients!

snacks for super kids



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Offer a variety of:

Textures

Soft and Creamy:

- low-fat yogurt
- low-fat cottage cheese

Crispy and Crunchy:

- apple slices
- dry cereal
- graham crackers

Shapes

Sticks:

- carrot
- celery
- cucumber (unpeeled)

Cubes:

- low-fat cheese
- melon

Rings:

- pineapple

Juicy:

- peach
- tomato
- orange

Wedges:

- citrus
- hard boiled egg

Slices:

- cucumber
- tomato

Temperatures

Warm:

- steamed vegetables
- soup
- grilled cheese sandwich



Room Temperature:

- canned fruits packed in 100% juice or water

Colors

Orange:

- tangerines
- cantaloupe
- mango
- carrots

Green:

- kiwi
- honeydew
- cucumbers
- peas



White:

- bananas
- steamed cauliflower

Cold:

- 1% or fat free milk
- vegetables
- cheese stick



Frozen:

- frozen fruit smoothie
- low-fat yogurt
- homemade 100% juice popsicles

Red:

- watermelon
- strawberries
- red bell pepper



Yellow:

- pears
- corn
- pineapple

Blue/Purple:

- blueberries
- blackberries
- grapes

Remember: Your child's portion size is about the size of their closed fist.



Caution! Children under age 4 may choke on:

Round Foods:

- sliced hotdogs
- hard candies
- grapes
- raisins

Hard or Sticky Foods:

- popcorn
- nuts
- gum
- peanut butter
- marshmallows



Raw Vegetables:

- carrots
- broccoli
- cauliflower
- celery

