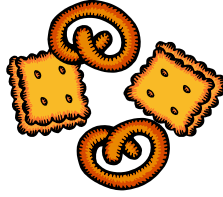


Healthier Snack Ideas for Kids



1. Water
2. Trail Mix
3. Dried Fruit (Apricots, Raisins, etc.) or Fruit Cups/Apple sauce
4. Cheese Sticks and Crackers (Beef Sticks)
5. Cheese Crackers
6. Whole Wheat or Rice Crackers
7. Nuts (Peanuts, Cashews, Almonds, Pistachios, etc.)
8. Seeds (Sunflower, Pumpkin, etc.)
9. Certain Granola Bars
10. Popcorn
11. Gold Fish
12. Fresh Fruit (Bananas, Apples, Pears, Grapes, Berries, Melons, etc.)
13. Fresh Vegetables (Carrots, Celery, Grape Tomatoes, Broccoli, etc.)
14. Nacho Chips
15. Yogurt/Go-Gurts
16. Pretzels or Healthier-Style Potato Chips, Cheese Puffs, Bugles, etc.
17. Hummus or Guacamole (Pita Chips)
18. Fruit Leather (NOT Fruit Chews which is basically candy)
19. Organic/Natural Fruit Snacks
20. Brown Rice Krispy Treats (NOT store-bought Rice Krispy Treats!)
21. Mini peanut butter (or other nut butter) and jelly sandwiches
22. Oatmeal Bites
23. Dried Cereal or Granola
24. Bagels
25. Animal Crackers
26. English Muffins
27. Wheat Bread or Crackers with rolled lunch meat
28. Rice Cakes
29. Apple slices or Celery with Peanut Butter)
30. Black and/or Green Olives (Try them with Almonds!)