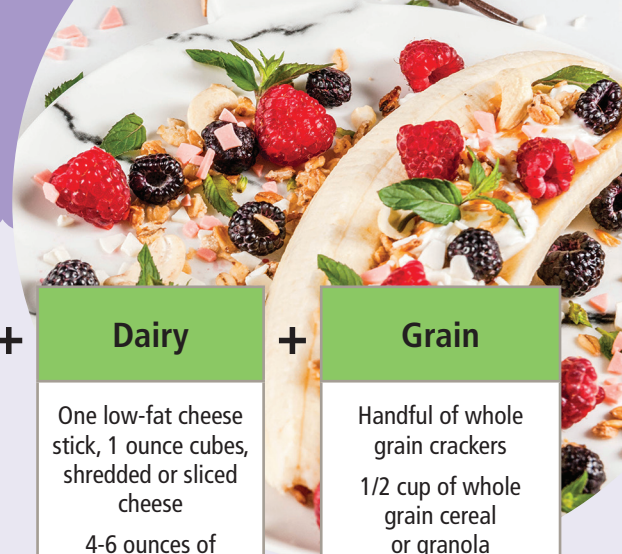


Snack Time: Just Choose Two!

Choose from any two food groups (or more!) below for a balanced snack.
Aim for a veggie or fruit to be one of the two food groups.



Veggies 1/2 cup	+	Fruits 1/2 cup	+	Protein	+	Dairy	+	Grain
Baby carrots or carrot sticks Celery sticks Sliced peppers or cucumbers Green beans or snap peas Sliced cherry or grape tomatoes Avocado Cooked sweet potato wedges or slices Tomato salsa		Sliced apples, oranges, melon, banana, grapes, or other fresh fruit Handful of cranberries, raisins, or other dried fruit (1/4 cup) Fresh or frozen berries (thawed) Canned mandarin oranges, pineapple, or peaches 100% fruit juice Applesauce		Handful of peanuts, almonds, walnuts, or other nuts 2 Tbsp. peanut butter or sunflower butter Handful of pumpkin seeds, sunflower seeds, or other seeds 1/2 cup fresh, frozen (thawed) or dried edamame One hard-boiled egg 1/4 cup hummus or bean dip		One low-fat cheese stick, 1 ounce cubes, shredded or sliced cheese 4-6 ounces of low-fat yogurt Small glass of milk Low-fat cottage cheese		Handful of whole grain crackers 1/2 cup of whole grain cereal or granola 2 cups of popcorn One whole grain pita or slice of toast Handful of homemade tortillas chips (see recipe below)

Homemade Tortillas Chips



To make homemade tortilla chips, cut corn tortillas into wedges, coat with cooking spray, and bake at 375°F for 8-10 minutes.

Add a sprinkle of cheese before baking for extra flavor.

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Tips:

Safety alert! Make sure snacks are sliced and diced in ways that prevent choking. Cut round foods like cherry tomatoes and grapes into quarters, slice hard-to-chew foods like bagels and tough meats into small pieces, spread sticky food like peanut butter in thin layers, and cook or cut hard and crispy foods like baby carrots and pretzels into smaller pieces. Stay with children while they are eating.

Try These Snack Combos

Banana Sundaes:

Banana, sliced lengthwise + low-fat yogurt + chopped peanuts + sliced strawberries + granola

Nacho Nibbles:

Homemade tortilla chips + cherry tomatoes and green peppers + black beans + salsa + shredded cheddar cheese

Pepper Dippers:

Mini bell peppers filled with hummus + whole grain crackers

Snacking Skewers:

(On a skewer or chopstick) sliced cucumber + cubed cheese + grapes + hard-boiled egg

Pretzel Butterfly:

Celery + cream cheese + pretzels (for the wings!) + raisins

Choosy eaters? Store snacks in their own drawer or bin in the fridge or pantry. Give kids the power to choose what they want from the special snack supply!

Crunched for time? Pre-pack snacks for the week in small baggies or reusable containers when you have more time. Grab and go when you head out the door!

Looking to save money?

Buy fruits and vegetables in whole forms and do the prep work yourself! Choose frozen and canned fruits and vegetables when your favorites are not in season.

Making this a snack-on-the-go?

Choose handheld foods like veggie sticks, fruit slices, and cheese sticks, or dry snacks like nuts, whole grain crackers and cereal. Make sure any dips or messy snacks are in a sealed container!

Want to meal prep or “cook once eat twice?”

Make big batches of snack recipes like granola, hummus, or tortilla chips to have on hand as snacks throughout the week.

