

# Make Snacks Count

Think of Snacks as Mini Meals

**Snacks are really important for kids of all ages.**

**Young children have appetites that change throughout the day.**

**Children need healthy snacks between meals to provide energy, vitamins, and minerals for their growing bodies.**

## **SNACKS TO CHOOSE...**

- ▷ Yogurt
- ▷ Crackers with cheese
- ▷ Whole grain cereal like Cheerios
- ▷ Oatmeal or Cream of Wheat
- ▷ Applesauce
- ▷ Hard boiled egg
- ▷ Graham crackers
- ▷ Cheese cubes
- ▷ Thinly sliced apple with yogurt for dipping
- ▷ Diced cucumber or peaches
- ▷ Whole wheat tortilla with pizza sauce and mozzarella cheese

### **FRUIT WHEELS:**

Create a healthy snack with your child:

- Spread cream cheese onto a rice cake
- Have a child add their favorite diced fruit like peaches, strawberries, pears and banana.

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