Snacks can be a part of a healthy diet for a child. They can be a great way to curb hunger, increase essential nutrients to support growth and development, provide fuel for after-school activities, and promote independence.

**Tips to keep in mind for after-school snacks**

- **Go for the grains.** Whole grains that is… whole grains provide longer-lasting energy, more fiber, and have more nutrients.

- **Power up with protein!** Protein supports growth, boosts energy, and helps kids feel fuller longer.

- **Encourage your child to eat the rainbow!** Snacks can be a great way to increase fruit and vegetable intake.

- **Think of snacks as “mini-meals”** and aim to serve foods from 2-3 food groups in each snack. For example, celery and peanut butter (a vegetable + lean protein) or a cheese stick and piece of fruit (fat + protein and carb).

- **Schedule snacks so they don’t interfere with a meal.** Ideally, snacks are enjoyed 2 hours before a meal so your child is hungry when mealtime arrives.

- **Have a “Snack Section” in the refrigerator and/or pantry.** Stock these areas with easy-to-grab, healthy options like sliced fruit, vegetables, low-fat cheese (slices or sticks), unsweetened yogurt, nuts, whole-grain crackers, whole-grain pita, and whole-grain bread.

- **Avoid processed and packaged foods as much as possible.** These foods can have a lot of extra sugar, salt, and fat.

**Snacks that pack a nutritious punch**

- A handful of whole-grain crackers and hummus
- Carrots and low-fat ranch dip
- Apple and nut butter (peanut, almond, or cashew)
- Whole-grain slice of toast with smashed avocado
- Cheese and deli meat roll-ups with cucumber slices on the side or rolled up inside for extra crunch
- Unsweetened Greek yogurt with applesauce mixed in for some sweetness
- Fruit slices with a yogurt dip
- Hard-boiled egg and a side of fruit
- Low-fat cheese stick with sliced bell peppers

**Try this!**

Involve the kids in making ready-to-go packs of homemade trail mix! Children can make their own blend from a selection of dried nuts, dried fruit, whole-grain pretzels, raisins, and popcorn. This can be a great on-the-go snack.
FOR CHILDREN

After-School Snacks

Healthy snacks are delicious!

FROZEN BANANA BLUEBERRY SMOOTHIE
- Make sure your caregiver is there to help you use the blender safely.
- Combine:
  - ½ cup water or coconut water
  - ½ cup plain low-fat yogurt
  - 1 cup fresh or frozen blueberries
  - ½ overripe banana, peeled and sliced (frozen if possible)
  - 2 ice cubes
- Blend until smooth
- Recipe source: healthychildren.org

HEALTHY CHEESE QUESADILLA
- Make sure your caregiver is available to help you use the stovetop and a pan.
- Spray or brush olive oil on the pan.
- Place 1 whole-grain flour or corn tortilla on the pan.
- Cover the tortilla in a layer of shredded cheese.
- Place another tortilla on top.
- Flip once with a spatula.
- Slide onto a plate when the cheese is melted.
- Enjoy this dipped in salsa and with a side of tomatoes or olives.

Healthy snacks can be fun to make and eat!
- Make your own fruit skewers. Alternate colors or build a rainbow.
- Use cookie cutters to cut fun shapes for your food!
- Don’t be afraid to dip! Ranch, hummus, yogurt, or other healthy versions of your favorite dip help add flavor and nutrition to your snack.
- Blend it! Use fruits, veggies, yogurt, and more to create delicious and healthy smoothies.
- Make to-go packs of your favorite snack so it’s easy to grab and go!

Ohio AAP PMP Mobile App
Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...
- Physician-endorsed materials for parents to access on-demand
- Resources for parents organized by age
- Text reminders sent monthly and/or for age milestones
- Easy sign-up
- Videos on feeding, play, nutrition and more

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http://ohioaap.org/projects/PMP