Snack smart!
• Younger kids need to eat three meals and at least two snacks a day.
• Older kids need to eat three meals plus 1-2 snacks a day.
• Offer the same types of foods as you do at mealtime.

Caregiver tips:
• Offer planned meals and snacks at consistent times throughout the day.
• Designate an “eating zone” area in your home and turn off screens (TV, phone, computer, etc.).
• Offer snacks a few hours after one meal ends and about one to two hours before the next meal begins.
• Make sure foods are cut into age-appropriate pieces to prevent choking.

You can create a perfect pair or a dynamic duo by focusing on:
• Foods with different textures.
• Foods from different food groups.
• At least one high-protein or high-fiber option to help satisfy until mealtime.

SNACK SUGGESTIONS AND PAIRINGS

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Fruit</th>
<th>Grains</th>
<th>Protein</th>
<th>Veggies</th>
<th>Protein</th>
<th>Dairy</th>
<th>Veggies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yogurt + berries</td>
<td>String cheese + grapes</td>
<td>Whole grain crackers + bean dip</td>
<td>½ english muffin + nut butter</td>
<td>Baby carrots + hummus</td>
<td>Celery + nut butter</td>
<td>Yogurt + cherry tomatoes or cucumbers</td>
<td>Cheese dip + broccoli</td>
</tr>
</tbody>
</table>
FOR YOUTH

Make snacking FUN!

**Fruits:** apple, banana, dragon fruit, guava, kiwi, lychee, mango, melon, orange, papaya, passion fruit, peach, pineapple, plantain, pomegranate, tangerine, tamarind

**Vegetables:** bean sprouts, beets, bitter melon, bok choy, broccoli, cabbage, callaloo, carrots, cassava, collard greens, daikon, jicama, mushrooms, okra, radishes, peppers (chiles), snow peas, squashes, sweet potatoes, water chestnuts, yucca, zucchini

**Grains:** amaranth, barley, breads (including naan, pita, roti, tortilla), buckwheat, cereals, couscous, crackers, oatmeal, millet, noodles, pasta, quinoa, rice

**Animal Proteins:** beef, fish, goat, lamb, pork, poultry, shellfish

**Plant Proteins:** beans, lentils, nuts, nut butters, seeds, tempeh, tofu

**Dairy:** Cheese (including cotija, Oaxaca, paneer, queso fresco), kefir, milk (including lactose-free milk), yogurt

Wash fresh fruits & veggies and refrigerate perishable foods.

**Resources:**
1. When Should My Kids Snack – Academy of Nutrition & Dietetics
   [https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/when-should-my-kids-snack](https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/when-should-my-kids-snack)
2. Smarter Snack Strategies
4. Selecting Healthy Snacks for Toddlers – healthy children.org AAP
   [https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx](https://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx)
5. Snacks – sorted by age (Nemours Health - KidsHealth)
6. CACFP – monthly snack examples with food group pairings
   [https://www.cacfp.org/recipes-menus/creditable-foods-blog/](https://www.cacfp.org/recipes-menus/creditable-foods-blog/)

**SNACK SUGGESTIONS AND PAIRINGS**

**Dairy**
- Yogurt + berries
- String cheese + grapes
- Cottage cheese + strawberries

**Fruit**
- Whole grain crackers + bean dip
- ½ english muffin + nut butter

**Grains**
- Baby carrots + hummus
- Celery + nut butter

**Protein**
- Yogurt + cherry tomatoes or cucumbers
- Cheese dip + broccoli
- Cheese stick + salsa

[http://ohioaap.org](http://ohioaap.org)